Herbs for health and healing

ENCYCLOPEDIA OF HERBAL MEDICINE

JAMES LUCAS

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TABLE OF CONTENTS

DISCLAIMER
INTRODUCTION

CHAPTER 1

WHY WE SHOULD USE HERBS?

CHAPTER 2

COMPARISONS OF DIFFERENT MEDICINE SYSTEMS

CHAPTER 3

WHY WE SHOULD USE HERBS AND PLANTS

CHAPTER 4

CARE IS BETTER THAN CURE

CHAPTER 5

HOW TO PREPARE HERBAL MEDICINES

CHAPTER 6

BEST HERBS AND SPICES USES AND BENEFITS,

Allspice
Angelica
Anise
Alfalfa (Medicago sativa)
Annatto
Astragalus
Bilberry
Black Cumin
Black pepper
Brown mustard
Caraway
Cardamom
Cayenne pepper
Celery seed

Coriander
Cumin
Dan Shen
Dill
Elecampane
Echinacea
Fennel
Fenugreek
Juniper berries
Lovage
Mace
Mustard
Myrtle
Nutmeg
Paprika
Peppermint
Pimento
Rehmannia
Shou Wu
Sichuan pepper
St John's Wort
Star anise
Tabasco pepper
Tamarind
Vanilla
White mustard
White pepper
Absinthe
Balm

Basil
Bay leaf
Buchu
Celery
Cinnamon
Chamomile
Chinese keys
Cloves
Curry leaf
Fennel
Field mint
French tarragon
Garden nasturtium
Ginger
Hops
Horseradish
Hyssop
Lemon verbena
Lemongrass
Licorice
Makrut lime
Mint
Oregano
Rue (Ruta graveolens)
Saffron
Sage
Spearmint
Turmeric
Wasabi

Wormwood
Zedoary

CHAPTER 7

BEST ANTIBIOTIC HERBS AND THEIR USES

Anise
Angelica
Balm
Basil Seeds
Borage
Burdock
Calendula
Echinacea
Goldenseal
Garlic

CHAPTER 8

BEST COLD AND FLU HERBS AND THEIR USES

Alfalfa
Basil
Elderberry
Fenugreek
Garlic
Ginger
Holy basil
Licorice root
Oregano Oil
Pot Marigold (Calendula)
Thyme Tulsi

CHAPTER 9

FIGHTING HERBS AND THEIR USES

Gotu kola
Goldenseal
Irish moss
Marshmallow Root
Myrrh Gum Powder
Neem Leaf

CHAPTER 10

BEST ANTIVIRAL HERBS AND THEIR USES

Astragalus root
Echinacea purpurea Root
Licorice Root
Red Sage Leaf
Sarsaparilla
St John's Wort Flower/Leaf
Yarrow Herb

CHAPTER 11

BEST SKIN AND HAIR HERBS AND THEIR USES

Aloe Vera
Arnica Oil
Basil
Chamomile
Lavender
Lemon Balm
Peppermint
Rosemary

CHAPTER 12

USAGE OF HONEY AS ANTIBIOTIC

CHAPTER 13

CARE WITH HERBS FOR MAJOR BODY ORGANS

Heart
Lungs
Stomach
Intestine
Respiratory System
Brain and Nervous System
Liver
Kidneys
Bones
Teeth and Gums
Bladder

CHAPTER 14

AILMENTS BY DISEASE

Allergies
Alzheimer's
Arthritis
Asthma
Anti-Rheumatics
Back Pain
Blood Pressure/Heart Disease
Blood Pressure High
Blood pressure Low
Blood Pressure Moderate
Bone Disease/Fractures
Breastfeeding Problems/Nursing Mothers
Bronchitis
Bruises
Cancer
Cholera/Diarrhea

Constipation
Coughs/Stomach Aches
Cholesterol
Chronic Pain
Colds
Cold & Flu
Colic
Coughs/Sore Throats
Cramps
Diarrhea
Depression
Diabetes
Digestion
Dry Skin
Ear Infections
Eczema/Psoriasis
Eyesight
Fatigue/Weakness
Flu
General Health/Habit Maintenance
Gout
Hair Loss
Health & Living
Healthy Kids
Hearing & Ear Health
Heart Health
HIV/AIDS
Insomnia
Infectious Disease

Itching
Loss of Appetite
Lung Conditions
Medications
Menopause Support
Muscle Pain
Muscle Spasms/Cramps
Men's Health
Menstrual Disorders/Painful Periods/Amenorrhea
Mental Health (Stress Relief)
Migraine Headache
Nausea/Morning Sickness
Neurology
Oral Health
Pain Relief
Pain Relief/Anti-inflammatory
Pregnancy Complaints
Psoriasis
Senior Health
Sinusitis/Rhinitis
Shingles/Fever Blisters
Skin Care
Sleep Disorders
Snake Bites
Stress Management
Sprains/Strains/Soft Tissue Injuries
Sunburn
Swollen Glands
Thrush/Flu Symptoms

Tinnitus/Deafness
Toothache/Gum Problems
Toxicity
Urinary Tract Infections
Varicose Veins
Thyroid Problems
Travel Health
Pain Relievers/Muscle Relaxants
Pain Relievers/Antirheumatic
Ulcers
Weight Loss
Wound Healing
Women's Health/Menopause
CONCLSUION

INTRODUCTION

This is a book about herbal medicine. It is designed to help readers have a deeper understanding of how herbs can be used. Along with traditional herbalism, the book will also discuss the benefits of taking individual responsibility for one's health care. You'll also learn about wildcrafting, which is the process of harvesting plants from their native environment without causing harm to its ecosystem. This book will teach readers how to become herbalists and how to use these amazing plants for healing. You'll also discover some of the many uses for herbs, including cooking with them! Yes, you can eat your medicine; it is delicious!

It includes detailed instructions on how to use various types of herbs for conditions such as migraines, arthritis, and diarrhea issues. The book also includes information on how to make herbal medicines like teas, tinctures, compresses, and poultices. Herbal medicine can be used by anybody.

CHAPTER 1

WHY WE SHOULD USE HERBS?

Herbs are effective, safe, and easy to use. Some herbs have very strong properties that can help us reduce pain quickly or stimulate our appetite when we need it the most. There are so many benefits of using herbal remedies over conventional medical treatments that you should consider exploring this option more closely. Herbal medicine has been used for centuries and is still the most popular form of alternative therapy today.

The principle of herbal medicine is to stimulate or sedate different systems in the body, not by chemical action but by subtle stimulation. Herbs are used for treating a wide range of symptoms and conditions, including digestive disorders such as constipation, diarrhea, bloating, gas; heartburn; respiratory ailments like asthma, bronchitis coughs, colds; skin problems like acne, psoriasis eczema, dermatitis allergies. External use only: insect bites stings burn cuts wounds lacerations rashes poison ivy oak sumac nettle rash sunburn bee sting scorpion bite wasp sting ant bites dandruff flaky scalp dry hair dandruff flaky scalp dry hair

Herbs are versatile, you can take them in different forms, such as tablets capsules tinctures powders teas decoctions. Herbal medicine is safe for most people to use and this makes it an excellent option to treat many common ailments that we experience today. However, not all herbs are suitable for everyone so make sure you consult your healthcare provider before taking any herbal remedies or supplements. Use the following guide to learn more about why using herbs might be right for you!

Herbal medicines can be a great alternative to help you improve your health and ease the symptoms of many common conditions.

CHAPTER 2

COMPARISONS OF DIFFERENT MEDICINE SYSTEMS

Traditional Chinese Medicine

History and Origins of Chinese Medicine

Traditional Chinese Medicine (TCM) is a system of traditional medicine that has been practiced in China for thousands of years. It aims to restore balance and harmony by integrating the body, mind, emotions, and spirit into one's health routine. While TCM was originally founded on using herbal remedies to treat diseases or specific conditions it now incorporates acupuncture protocols with massage therapy as well. There are five branches within this medical tradition which include: Internal Medicine; Surgery; Gynaecology & Obstetrics; Rehabilitation Therapy; Acupuncture & Moxibustion. The therapies used within Traditional Chinese Medicine can be broken down into two categories including:

Herbal Therapies - These forms of treatments work by activating certain enzymes inside our bodies that help our body's own healing abilities. This branch of medicine is based on the belief that there are five elements (wood, fire, earth, metal, and water) present within your life which can all be used to diagnose what is happening with an individual. A practitioner will determine whether or not you have too much of one element in relation to another inside of your body.

External Therapies - These forms of treatments aim to restore balance by either using certain herbs or by stimulating acupressure points found along meridians throughout your physical being. Traditional Chinese Medicine practitioners believe that qi energy flows through these pathways called

'meridian lines' which form a network across the entire body known as 'Jing Luo'. This energy can become blocked from moving around the body which will result in a disease or condition occurring.

The idea is that by stimulating these points along the meridians you will be able to regain balance and harmony within your own body.

The five branches of Traditional Chinese Medicine.

Traditional Chinese Medicine consists of five branches.

These five branches are:

Acupuncture and Moxibustion (Acumoxa)

Herbal Medicine

Dietary Therapy (Dietetics)

Qi Gong or Tai Chi Chuan . These practices of movement, breathing, meditation, and visualization work with the Chinese concept of Qi to increase

energy flow in order to promote health. They can be used alone or as complementary treatments alongside other TCM therapies.

Tui Na or Chinese Massage . This is a hands-on treatment involving stretching, compression, and massage of the muscles and tendons to improve blood flow and unblock Qi along energy channels in order to promote health.

The five branches of Traditional Chinese Medicine can be used alone or as complementary treatments alongside other TCM therapies.

Treatments may vary depending on what area of traditional medicine you are studying but here we will focus primarily on herbal medicine which has been proven effective for thousands of years!

Ayurvedic medicine

Has a long history of use in India and other Asian countries, but it's becoming more popular among Western herbalists as well. This is due to changes in cultural perceptions about medicine, the natural world, and humanity's place within that world. In this book, we will explore some basic ayurvedic concepts as they relate to herbalism.

Looking into her eyes he could tell she was distracted from his loving gaze by something else going on inside herself. She needed help now! Understanding how Ayurveda can be beneficial for those seeking personalized health care plans, he decided to utilize what he had learned over the past few months studying this ancient system of Indian medicine with its emphasis on prevention rather than cure. He served up an aromatic, colorful, and nourishing meal to her that evening.

It's becoming more popular among Western herbalists as well because of changes in cultural perceptions about medicine the natural world Humanity's place within it A basic ayurvedic concepts Their emphasis on prevention rather than cure He decided he wanted to utilize what he had learned over the past few months studying this ancient system His serving up an aromatic, colorful, and nourishing meal tonight.

Ayurvedic medicine is one of the oldest practices in history. It is an ancient medicinal system that uses natural ingredients to heal people.

One of the most famous types of Ayurvedic medicine is called Siddha. It originated in India and South East Asia, but now it has spread around the world. The word "Siddha" means perfection or accomplishment. This implies that this type of treatment can help you to be healthier and more successful in life if used correctly.

Siddha medicine is one of the oldest practices in history. It was founded in India and South East Asia but has now spread around the world. The word "Siddha" means perfection or accomplishment implying this type of treatment can help you be healthier and more successful if used correctly.

In Ayurveda there are three doshas: Vata, Pitta, Kapha, these translate roughly to air, fire/water (respectively). Each person's constitution falls into a specific

category that will determine what foods they should eat for optimal health as well as which herbs would most benefit them during certain seasons of their life span in addition to diet people who have vitiated dosha types may need some extra care to get back on track. This is done by using herbal remedies, bodywork, and sometimes meditation or yoga practices all of which are aimed at balancing the individual both physically and emotionally.

Basic Ayurvedic Concepts in Herbalism

Ayurvedic medicine is an ancient system of healing that uses herbal remedies to balance the doshas. The word "doshas" comes from Sanskrit and it means "forces" or "motions." There are three primary forces in Ayurveda: Vata, Pitta, and Kapha. Each person has a unique blend of these doshas which determine their constitution (Prakriti people). Some have mostly Vata dosha while others tend toward pitta or Kapha. Knowing your own Prakriti can help you choose the most effective type of herbs for yourself as well as providing insight into why certain foods affect you more than they do other people. In this book, we will focus on the properties of individual herbs so that you can use them to balance your own doshas.

Western medical system

The western medical system is based on most synthetic drugs. These are often the only thing used in hospitals, and doctors have been trained to trust these chemicals more than anything else. In some cases, they are right to do so. In other cases, patients have been hurt because the doctors ignored a natural alternative that may have worked just as well but without harmful side effects.

This is the most widely used in the world. However, people are beginning to realize that it is not a perfect system and there must be something else out there.

People have been using herbal medicine for centuries as a way of treating themselves naturally without any side effects whatsoever. It's time we bring

this knowledge back into our lives today

CHAPTER 3

WHY WE SHOULD USE HERBS AND PLANTS

Herbal medicine has been around for centuries. It's a traditional way to heal ourselves that many people are unaware of or choose not to use.

The use of herbs dates back to the beginning of human civilization. Herbs have been used for thousands of years in China, India, Europe, and North America amongst others.

Herbal medicine is effective because it works with your body instead of against it like some man-made drugs do. It's made from natural ingredients that will not harm you but help heal what ails you inside out outside!

The herbs are more than just drugs, they're food too. They contain vitamins and minerals that will give your body the nutrients it needs to be healthy.

Herbs work with what you already have instead of trying to change or destroy it as man-made medicine does.

That's why herbal medicine is so powerful for healing your whole self from inside out outside!

CHAPTER 4

CARE IS BETTER THAN CURE

Introduction to Herbs that can be used on daily basis for better health and to improve quality of Health to have a healthy life we should maintain good health. In this book, I'm going to show you some common recipes for homemade herbal medicines, by following these simple steps you can cure yourself of many diseases.

In today's world, people are mostly depending on chemical products and medications for their daily needs, which can cause lots of side effects.

My friend inspired me to write this book, he is an herbalist doctor who has lots of experience in curing people of all kinds of chronic diseases just by using Herbal medicines.

As you know that most Chronic Diseases are incurable but what if I tell you that you can cure yourself of all kinds of Chronic Diseases.

Cancer, HIV/AIDS, Diabetes, Arthritis, Colds & Flu, Migraines, and many other diseases are caused because of our wrong diets and not maintaining a good healthy lifestyle which leads to disease in the long run.

But there is a way out for it that is herbal remedies.

One of the main problems in today's time is that many people don't have much information where they can purchase good quality Herbal Remedies, so finding a good supplier for herbal medicines is not an easy task.

In this book, I'm going to introduce you to some major Herbs which are available locally and can be used to cure a number of diseases.

If you follow the instructions that I'm going to mention below then you will be able to prepare your own herbal medicines.

Just a reminder: before using these herbs make sure that they are not expired or spoiled if they are spoiled then do not use them, instead of throwing away those leaves and buy fresh ones from the market.

Herbal Remedies can save lots of money if we know how to use them properly and prepared our own at home because spending the same amount of money

on chemical products can cause damage to health in long run.

Taking care of our health is much better than seeing Doctors for every small disease which we can cure ourselves like the common cold, cough flu, etc. because by taking proper care in the initial stages of the disease, we can cure it easily.

If you are not a self-cure person and want to see a doctor every time when you get sick then there is nothing wrong in doing that but make sure that before going to see Doctors ask them about your symptoms, let them know how long have you been feeling these symptoms.

Just by knowing this information Doctor will be able to tell what kind of disease you are suffering from.

If everything goes fine with Doctor's examination then the problem was either viral or bacterial so don't worry just follow the instructions given by your doctor for some days and take proper rest. If your condition is critical then leave everything on God, I'm sure he will protect you until the time you recover.

CHAPTER 5

HOW TO PREPARE HERBAL MEDICINES

How to Use different Plant part for effective Herbal Medicine

EXTRACTS

An extract is a way of concentrating active ingredients from plants into liquid form. Extracted herbal medicines are more concentrated than dried herbs. They can be used in lower doses, which makes them easier on your body's system, and they're often faster-acting because there isn't any water weight to dilute the medicine down.

The best part about extracts?

Extracts are available at most health food stores! Plus, you can make them yourself with herb powders or alcohol tinctures.

Herbal Tincture: A tincture uses an alcohol base to extract plant compounds so that when ingested it will have positive effects on both systemic conditions as well as local symptoms.

To use an herbal tincture, simply place one to two droppers full of the tincture into a cup of water.

You can also combine herbs in a single dose by using equal parts of each herb. Store them separately and take them as needed.

MIXTURES

Mixtures can be made using herbs like Damiana, Mullein & Passion Flower.

To make an herbal smoking blend: I like to add about one tablespoon of each herb (dried) and mix well in a glass dish. Then pour the mixture into a large mason jar with a plastic lid for storage purposes. Now when you want to use it simply sprinkle some onto paper or cardboard and roll up as needed!

Now that you have all these amazing ways on how to use your medicinal plants why not try out at least one? The great thing about herbs is they are readily available almost everywhere so go ahead & start experimenting today!

POWDER

Powdered herbs are an easy way to make herbal medicines.

To use powdered herbs, simply stir the powder into hot or cold liquid like water, juice, or tea until it dissolves completely. You can drink them quickly by stirring in honey and lemon for flavorings. And don't forget to take your medicine with you when traveling! Easy powders also work well as a facial mask that will nourish skin cells while cleansing pores of toxins and dirt build-up.

HERBAL OINTMENT:

Making an ointment is one of my favorite ways to get rid of dryness due to weather exposure, insect bites & rashes caused by allergies both internally & externally plus so much more! The great thing about using herbal ointments is you can use them on any part of the body. Herbal ointments are made with a base oil and then adding herbs that will fight infection, reduce inflammation or pain and stimulate blood flow to an area if needed!

To make my herbal ointment: I like to heat up two teaspoons of sweet almond oil until it's warm but not hot. Then slowly add one tablespoon powdered herb of your choice depending on what effect you want from the medicine. Mix together using a plastic spoon so as not to break down too many properties of your medicinal mixture by mixing metal utensils into oils/herbs etc... Now pour this magical mixture onto a small glass dish. Let cool for about 20 minutes – making sure it doesn't harden then pop it into the fridge for about an hour or until set. This is your new ointment!

Apply to the affected area as often as needed and be sure to store it in a dark, cool place (like your medicine cabinet) so that the properties of the medicinal plants are not broken down due to heat/light, etc.

POULTICE:

Poultices are another way of using herbs on external injuries like bruises, sprains & strains plus more! A poultice works by placing hot moistened plant material onto skin specially designed for drawing out infections from wounds. To use one just apply some crushed fresh herb leaves directly over the wound

with clean gauze or bandage holding them tightly against the skin. Leave in place for a minimum of 30 minutes or up to two hours.

To heat fresh herbs in the microwave: I like to add about one tablespoon of water along with my desired herb into a glass dish and nuke it on high for only 20 seconds at a time stirring between each session until warm enough but not boiling. You can also just soak your dried plant material into hot water then apply as necessary!

HERBAL BATHS/FOOT SOAKS:

Herbal baths are an excellent way to detoxify body tissues while nourishing skin cells & muscle tissue plus more! To make herbal baths you need pure essential oils (or extracts), distilled witch hazel, purified sea salt, Epsom salts, apple cider vinegar & any other herbal extracts you might want to add!

To use them: just mix together all your ingredients into a large glass bowl then pour into the bathtub while filling with hot water. Do not put essential oils directly on the skin! Always dilute in some type of liquid before applying, unless it's already pre-mixed & ready for external exposure. Soak for at least 20 minutes or up to two hours. You can also soak your feet by adding salts and herbs (like lavender) plus more onto cotton balls placed inside socks/shoes overnight for best results.

HERBAL SMOKING BLEND:

An herbal smoking blend is used when trying to relax the mind & body both mentally & physically. These types of mixtures work well when smoked alone or mixed with other herbs to enhance or alter the effects of certain plants.

To make your herbal smoking blend: I like to use either dried plant material (like banana leaves) or fresh which is even better if you can get them! Just mix together equal parts of each herb & you're good to go! Keep in mind that some herbal mixtures don't taste very well so adding things like honey, juice extract (orange/lemon, etc...) will help mask any bitter flavors while also enhancing the overall flavor profile. Place inside glass dish then nukes for

about 20 seconds stirring between sessions until warm enough but not boiling and apply directly onto rolling paper before filling it up with tobacco or weed - depending on what you are making this mixture for.

CHAPTER 6

BEST HERBS AND SPICES USES AND BENEFITS,

ALLSPICE

DESCRIPTION

Allspice is a native to the West Indies and Central America. Its name comes from its flavor which tastes like a combination of cloves, cinnamon, nutmeg, and pepper. In addition to being used as a spice for cooking allspice can be made into an herbal tea or dried and smoked in place of tobacco.

USES:

Allspice is a powerful pain reliever and has been shown to reduce inflammation. It's also used for treating diarrhea, toothaches, arthritis, and stomach aches

BENEFITS:

Allspice contains high levels of antioxidants which help with both digestive ills as well as cancer prevention. This herb can be ingested or applied topically when fighting off infections. When brewed into tea allspice relaxes the muscles in your throat which makes it easier to swallow during an illness such as cold or flu that causes sore throats. Drinking this herbal tea once every day will give you regularity without any side effects like cramping or discomfort associated with medications containing peppermint oil (these are common ingredients in over-the-counter laxatives). By smoking dried allspice, you can use it as a replacement for tobacco and enjoy all of its pain-relieving qualities.

ORIGIN:
West Indies (Jamaica)

SIDE EFFECTS:
Allspice is generally safe when used in the recommended amounts. Pregnant women should not ingest or apply topically any supplements containing allspice because it may induce labor, however applying (external use only) once every few hours during heavy menstrual bleeding will reduce cramping and flow. If you are on blood thinners talk to your doctor before using this herb because of its anti-coagulant properties which can increase the risk of internal bleeding.

INTERACTIONS:
Allspice can interact with blood thinners and antidepressants.

DOSAGE:
Recommended daily intake is 1 cup of herbal tea or one dropper full of extract per day.

CAUTIONS:
Allspice may be harmful to people on blood thinners, pregnant women, and children under 2 years old; some supplements for arthritis contain allspice extract.

ANGELICA

DESCRIPTION:
Angelica is an herb that grows all over the world in both temperate and tropical climates. It's a very pretty plant with large green leaves, hollow stems, and small white flowers

USES:

Angelica has been used for millennia by cultures around the world to treat digestive disorders such as heartburn, bloating, gas pain, and cramping due to its antispasmodic effects. In addition, it can be helpful in treating arthritis because of its anti-inflammatory properties

BENEFITS:

When using angelica during pregnancy you may experience relief from morning sickness because this herb helps relax your muscles which will give you some much-needed comfort when dealing with nausea. Drinking angelica tea at least once a day will also help reduce heavy menstrual bleeding, abdominal pain, and other discomforts associated with your menstrual cycle.

Angelicin, a compound found in this herb, has been shown to increase serotonin levels. This potent neurotransmitter will help fight off depression by keeping moods elevated while also staying alert and focused during times when fatigue could be an issue (i.e., lack of sleep or poor diet). Its anti-inflammatory effects can also reduce pain caused by conditions like arthritis, gout, tendonitis, bursitis, lower back pain, nerve damage, and headaches associated with sinus pressure

The leaves of the angelica plant are high in vitamin A which helps maintain healthy skin cells. It also contains sizable amounts of calcium to strengthen bones while providing enough magnesium to relax muscle tissue throughout the body. When you're feeling stressed out this herb can help reduce anxiety by increasing blood flow into both your brain and muscles for a more relaxed state without drowsiness or lethargy that is often caused by anti-anxiety medications containing benzodiazepines (i.e., Xanax). Finally, because it's packed full of vitamins B & C it will give you an energy boost when consumed either before exercising or simply working through your daily activities like laundry, dishes, and cleaning.

ORIGIN:

Native to Asia, Europe, and North America

SIDE EFFECTS:

Some people may experience diarrhea if they consume too much angelica so make sure to start with a low dosage and work your way up as needed

INTERACTIONS:

Angelica can interact with blood thinners, causing them to become less effective

DOSAGE:

8-15 grams of the dried root per day for an infusion or decoction or 2 teaspoons of fresh angelica leaves steeped for 10 minutes before drinking three times daily. Freshly crushed leaves can be applied to the skin for topical application.

CAUTIONS:

Angelica is not recommended for people with diabetes, anemia, or those taking blood thinners. Be sure to avoid this herb completely during pregnancy because it may induce contractions which can lead to miscarriage or preterm labor. It's also suggested that you do not use angelica if you are breastfeeding since very little is known about whether or not there are any negative effects on your child.

OTHER NAMES:

Chinese Angelica Root or Dong Quai (like everyone else says), wild celery root, masterwort, garden angelica, archangel, wild celery

ANISE

DESCRIPTION:

Anise is a flowering plant with thin green leaves and white flowers

USES:

Anise has been used for centuries to treat different types of digestive issues such as gas pain, bloating, cramping, nausea (i.e., morning sickness), loss of appetite, diarrhea, or constipation

BENEFITS:

One specific compound found in this herb called anethole helps relax the muscles that line your stomach making it easier for food and gases trapped inside to pass through without causing any discomfort. The oil of anise seeds

also reduces spasms within the intestinal tract which can help soothe irritated tissue lining when you have irritable bowel syndrome

ORIGIN:

Asia, Europe

SIDE EFFECTS:

If you're taking medication to lower blood pressure levels be sure not to use high doses of this herb because it can cause a drop in blood pressure. In addition, if you're taking medication for heart conditions such as angina or mitral valve prolapse be sure to avoid anise since its anti-spasmodic effects may interfere with your medications ability to keep your heart rate under control

INTERACTIONS:

It is not known if anise interacts with any medications so it's best to avoid using this herb if you're taking medication for blood pressure or heart conditions

PRECAUTIONS:

If you're pregnant and start to use anise tea, keep in mind that its effects of relaxing the muscles of your stomach may cause food and gases trapped inside to move more quickly through your digestive tract. This can aggravate symptoms of bloating or nausea during pregnancy so if you begin to experience these symptoms reduce the amount of tea you drink for a few days

CAUTIONS:

Anise has been known to worsen symptoms of acid reflux or ulcers so if you have any digestive issues that stem from either of these conditions, avoid using this herb

ALFALFA (MEDICAGO SATIVA)

DESCRIPTION:

This plant lives in northern Africa, Europe, and western Asia. The young leaves, stems, roots, flowers, and seeds are used to make medicine. Alfalfa is also called "lucerne".

USES:

Alfalfa is used for high cholesterol, cancer (has been studied against colorectal cancer), diabetes, obesity, fluid retention (edema) and weight loss, urinary tract infections (UTIs; may also help fight some types of bacteria that cause the infection), irritable bowel syndrome (IBS; may also reduce pain in the first part of the intestine), kidney stones, osteoarthritis, eczema (a skin disease that causes redness, swelling, itching, and oozing of fluid), asthma, hay fever (may help with other allergic conditions too), skin problems such as boils and abscesses. There is also some evidence that alfalfa will help people who take certain medications for mental health problems. However, the evidence is unclear.

Alfalfa may also be helpful during pregnancy and breastfeeding. One kind of research suggests that it might help prevent miscarriage in some pregnant women. Other studies suggest that alfalfa works to make the uterus contract after the delivery of a baby (in other words, it helps the uterus return to its normal size).

Another study has suggested that alfalfa is beneficial for babies who are born early (premature babies), possibly because it is able to start producing red blood cells.

Some people use alfalfa seeds by boiling them and then drinking the mixture as tea. Other people make a poultice from the plant and apply it to the skin.

CAVEATS:

Taking alfalfa might increase the chance of developing stomach ulcers. This is because it can irritate the lining of your stomach and can also reduce secretions in your stomach that help protects against damage. Alfalfa might also lower blood sugar levels. If you have diabetes, check your blood sugar carefully for signs of low blood sugar (hypoglycemia) if you are taking alfalfa. Your dose of insulin or other diabetes medications might need to be adjusted by your healthcare provider.

BENEFITS:

- May help treat cancer.
- May reduce cholesterol and triglyceride levels in the blood.
- May lower blood pressure slightly.
- May relieve constipation.
- Possibly relieves pain from urinary tract infections, irritable bowel syndrome (IBS), and other conditions involving your colon and intestines (gastrointestinal problems).
- May be helpful for stomach problems, including ulcers.
- May help reduce the symptoms of menopause, including anxiety and sweating.
- May cause uterus to contract after delivery of a baby (helps return uterus to normal size).

ORIGIN:

Alfalfa comes from Europe.

SIDE EFFECTS:

- Can cause bloating, gas, or diarrhea. Can lower blood sugar levels. If you have diabetes and take alfalfa, monitor your blood sugar carefully for signs of low blood sugar (hypoglycemia). Your dose of insulin or other diabetes medications might need to be adjusted by your healthcare provider.
- Alfalfa is not recommended for people with colitis, stomach ulcers, or other intestinal problems.
- Use cautiously with asthma or hay fever.

- Avoid if allergic or hypersensitive to alfalfa (Medicago sativa) and its constituents, such as lutein and Uncaria. Alfalfa allergies can be severe and may cause life-threatening reactions.
- Do not place alfalfa seeds in your mouth. Seeds may cause choking, gagging, or cuts in the mouth or throat (if crushed). Applying alfalfa seeds to the skin might also be dangerous.
- Avoid if pregnant or breastfeeding because of insufficient available evidence. Alfalfa has estrogen-like effects and should not be used by women with hormone-sensitive conditions or those using hormonal contraception.
- Do not use alfalfa as a salt substitute.

INTERACTIONS:

Patients who have or are at risk for cancer should avoid taking alfalfa. It might slow the progression of some types of cancer, but it can also cause tumors to grow more quickly in other types of cancers, so use caution when considering the use of alfalfa in patients with different forms of cancer.

DOSAGE:

Alfalfa leaves and sprouts: 1/2 cup of fresh alfalfa leaves or 2 tablespoons dried leave three times daily. Alfalfa seed oil: one teaspoon two to three times daily.

CAUTIONS:

Alfalfa is LIKELY SAFE for most people when taken by mouth in the small amounts commonly found in food. It can cause some side effects such as bloating, gas, diarrhea, or lower blood sugar. People who are allergic to alfalfa might have more severe side effects. Taking large amounts of alfalfa might cause skin problems.

If you are pregnant or breastfeeding, using alfalfa in normal food amounts is POSSIBLY SAFE. However, taking more than this amount might be UNSAFE and could cause harm to the mother and baby. Also, people who are allergic to alfalfa might have more severe side effects if they take alfalfa while pregnant or breastfeeding.

ANNATTO

DESCRIPTION:

Annatto is an herb with a history of medicinal use by Native Americans. It has been used to treat skin irritations, digestive problems, and respiratory infections. A tea made from the leaves can be drunk several times a day to treat dysentery ("bloody flux"). Annatto seeds are often combined with other herbs in herbal mixtures that are taken orally to improve digestion.

USES:

Annatto is used for digestive problems such as diarrhea, gas, and upset stomach. It has also been used to control bleeding after childbirth or injury.

BENEFITS:

There is some evidence that annatto can be useful for constipation and impaction. It may also help with digestive problems such as irritable bowel syndrome (IBS), diarrhea, dysentery, and inflammatory bowel disease (IBD).

ORIGIN:

Native Americans

SIDE EFFECTS:

Side effects of taking an annatto include nausea, vomiting, and diarrhea. Not much else is known about the safety of using this herb in humans or how safe it would be during pregnancy or breastfeeding. More research needs to be done on the side effects and safety of herbal supplements containing annatto before a strong recommendation can be made.

INTERACTIONS:

There are no known interactions between annatto and other herbs, supplements, or medications. This means that it is safe to take them together. However, always check with your doctor before taking any new herbal remedies or supplements.

DOSAGE:

For high cholesterol, or as a gentle laxative for constipation, 1.5 to 2 grams of annatto seed powder is steeped in a cup of water and drunk twice daily. For

digestive problems such as IBS, dysentery, or diarrhea, a tea made with the leaves is drunk three times a day.

CAUTIONS:

Annatto is not known to negatively interact with any other medications, supplements, or herbs. However, more research needs to be done before a strong recommendation can be made.

ASTRAGALUS

DESCRIPTION:

Astragalus root has been used in traditional Chinese medicine for thousands of years to strengthen the immune system. Many herbalists in various parts of the world use it to improve energy, stamina, and strength. The root is dried before being used in teas or capsules.

Astragalus is an immune-boosting herb that has been used medicinally for over 2000 years. It may be helpful in treating the common cold, flu, and preventing recurrent ear infections.

Astragalus can be taken in both pill and liquid form, but it should not be boiled to prevent the loss of active ingredients.

USES:

Astragalus is a popular herb used to treat the common cold. It increases the number of infection-fighting white blood cells in the body and reduces fatigue, shortness of breath, and weakness found with severe infections.

Astragalus may also help reduce inflammation, guard against blood vessel damage from diabetes, slow cell aging, and lower cholesterol.

BENEFITS:

Astragalus has been used as an immune and energy booster. It can increase energy, lower cholesterol levels, and boost the body's ability to fight off

infections. it may also help treat arthritis pain and prevent recurrent ear infections in children.

ORIGIN:

Astragalus is found in China, Mongolia, and Siberia.

SIDE EFFECTS:

Astragalus may cause an upset stomach or nausea if taken in large doses. Pregnant women should not take astragalus as it may stimulate uterine contract

INTERACTIONS:

Astragalus may interact with immune system medications and should not be taken if pregnant or breastfeeding.

Astragalus has been shown to reduce the body's ability to fight off infections. The herb can react with drugs that suppress the immune system, including those used for organ transplants. Pregnant women should not take astragalus as it may stimulate uterine contractions.

DOSAGE:

A typical dose of astragalus for the common cold is 3 to 4 grams per day.

Precautions: Astragalus may cause an upset stomach or nausea if taken in large doses. Pregnant women should not take astragalus as it may stimulate uterine contractions.

Cautions: those with autoimmune disorders should consult a health care provider before taking astragalus.

BILBERRY

DESCRIPTION:

Bilberry (Vaccinium myrtillus) is useful to treat circulatory problems, diabetes, digestive disorders, diarrhea, inflammation of the mucous membranes (ulcers), varicose veins, and hemorrhoids.

Bilberry has antioxidant properties because it enhances capillary circulation and strengthens blood vessels; in this way, bilberry is able to prevent and cure

varicosities, hemorrhoids, and diabetes. Also, bilberry is effective for the treatment of gastrointestinal problems such as diarrhea and stomach ulcers.

Bilberries are rich in anthocyanosides (antioxidants with a high concentration of flavonoids) and vitamin C; the latter acts as a free radical scavenger, reducing oxidation in the blood vessel walls and preventing hardening of the arteries. Moreover, anthocyanosides prevent capillary fragility by strengthening cell membranes.

USES:

Bilberry is most commonly used to prevent or treat circulatory problems (varicose veins, hemorrhoids) and digestive problems (diarrhea, ulcers).

BENEFITS:

- Prevents cardiovascular diseases.
- Antioxidant properties prevent hardening of the arteries and atherosclerosis.
- Treats diarrhea, digestive disorders, ulcers, hemorrhoids, and varicose veins.

Bilberry is a pyrroloquinoline quinone (PQQ) and superoxide dismutase (SOD) inducer.

Pyrroloquinoline quinone is an enzyme that acts as a potent antioxidant; it has been shown to be neuroprotective in an experimental model of Parkinson's disease. Pyrroloquinoline quinone also protects mitochondria against oxidative damage, improves the electron transport chain in brain mitochondria, and induces the synthesis of new mitochondrial DNA.

ORIGIN:

Native to Northern Europe and Western Asia.

PREPARATION:

The leaves should be collected during the summer and dried in the sun, then stored for later use. The fruit should be collected when ripe (dried if necessary) and ground into a powder before storage (preferably below 30°C).

Bilberry can also be used fresh or as a liquid extract.

SIDE EFFECTS:

Bilberry is an extremely safe herb with no known side effects.

INTERACTIONS:

There are no known drug interactions with bilberry. However, bilberry interacts with coumadin, a blood thinner.

DOSAGE:

Bilberry should not be used in doses greater than 1 gram per day. The dosage of bilberry depends on the condition being treated; for example, ulcers are treated with 500 to 1000 mg three times daily while hemorrhoids are treated with 30 drops twice daily diluted in water or other liquid.

CAUTIONS:

Bilberry has not been proven safe for pregnant women.

BLACK CUMIN

DESCRIPTION:

Black cumin, also known as black seed (not to be confused with caraway), is a natural remedy used in Ayurvedic and traditional Chinese medicine. Seeds of the Nigella sativa plant contain an oil rich in thymoquinone, a powerful anti-inflammatory that can help reduce symptoms of various health conditions including asthma and arthritis. Black cumin oil can also support liver health by fighting free-radical damage and by promoting the formation of bile.

The seeds are also thought to promote digestive health, boost the immune system, fight allergies like poison ivy/oak, provide relief from bronchial spasms (asthma), regulate high blood pressure levels, decrease fever, and manage blood sugar levels.

Black cumin oil became a popular remedy in Europe after a study conducted by a German medical center found that those who consumed the seed as part of their daily diet had lower rates of asthma than those who didn't. Additionally, the essential oil from black cumin seeds was shown to have anti-bacterial and anti-cancer properties in lab studies.

Black cumin seed oil is thought to contain over 100 components, including antioxidants such as thymoquinone and carvacrol (a compound that gives thyme its medicinal qualities). While black cumin has been shown to be very effective at fighting inflammation and free radicals associated with chronic disease, it can also create harmful side effects. Few side effects have been reported, but one of the most common is headaches. Additionally, some people may experience stomach discomfort like diarrhea and nausea when taking black cumin oil supplements in excess (more than the recommended dosage).

Oftentimes, black cumin seed oil or its components are used to enhance food flavorings. But the taste of this oil is so bitter and unpleasant that most can't tolerate it on its own.

USES:

Black cumin is used to help fight various forms of cancer, reduce pain and swelling associated with arthritis, support the digestive system, reduce inflammation in the body, boost heart health by regulating blood pressure, normalize blood sugar levels already in the normal range (as opposed to helping lower excessively high blood sugar), treat asthma, bronchitis and coughs when applied topically (see the entry for black cumin oil below for dosage information), and fight hormone-based breast tumors.

BENEFITS:

Black cumin seed oil has anti-inflammatory properties, which make it effective at treating a number of health conditions including arthritis and asthma. It can also boost heart health and normalize blood sugar levels already in the normal range.

ORIGIN:

Black cumin is native to various parts of Asia and the Middle East, including India and Egypt. It has been used in traditional Chinese medicine since at least 600 B.C.

HOW TO USE IT:

Black cumin oil is available in capsule form at most health food stores. It can be taken orally, diluted with a neutral carrier oil like extra virgin olive oil, and massaged into sore muscles (do not apply undiluted directly to the skin). While black seed is often smoked or burned as incense, black cumin oil should not be used in this way as the health risks associated with inhaling burnt plant material have not been studied.

PRECAUTIONS:
Black cumin oil can cause allergic reactions in those who are sensitive to members of the Ranunculaceae family. Those who experience headaches when taking black seed orally may want to discontinue use.

PREPARATION METHODS:
Black cumin seeds are available as a whole seed or as an essential oil. The seeds can be ground into a powder and then put into capsules, brewed as tea, added to food dishes, or consumed in oil form. The recommended dose of black cumin is 2-3 g daily, preferably divided into two doses and taken with meals or in capsule form.

SIDE EFFECTS:
Rare and minimal side effects of Nigella sativa include headache, diarrhea, and upset stomach (nausea, diarrhea).

INTERACTIONS:
Black cumin can interact with blood-thinning medications, blood-sugar-lowering drugs, and insulin.

DOSAGE:
A recommended dosage of black cumin seed is 2-3 g daily, divided into two doses.

LONG-TERM USE:
Nigella sativa can be taken long-term if needed for health purposes. Long-term use does not appear to lead to any buildup of the herb in the body of toxicity.

CAUTIONS:
Pregnant women should not take black cumin supplements.

Did you know? In some cultures, it is common practice to place a small pile of black cumin seed powder on the ground or on a table during weddings and other celebrations as an expression of good fortune and fertility.

BLACK PEPPER

DESCRIPTION:
Black pepper is a flowering vine in the family Piperaceae, cultivated for its fruit, which is usually dried and used as a spice and seasoning. The fruit, known as a peppercorn when dried, is approximately five millimeters (0.20 in) in diameter, dark red when fully mature, and, like all drupes, contains a single

seed. Peppercorns, and the ground pepper derived from them, maybe described simply as "pepper", or more precisely as black pepper (cooked and dried unripe fruit), green pepper (dried unripe fruit), and white pepper (ripe fruit seeds).

USES:
Black pepper serves as an anti-spasmodic, carminative, digestive, stimulant in debility; externally for rheumatic pain and neuralgia.

BENEFITS:

- Helps to prevent cancer
- Boosts the immune system
- Reduces inflammation and pain, common cold, and muscle aches
- Controls blood pressure levels
- Prevents asthma and diabetes
- Piperine is a component of black pepper. It's known for increasing the permeability of the intestinal lining, aiding in nutrient absorption.

ORIGIN:
Tropical regions of Asia

PREPARATIONS:

- A tincture can be made by combining 20–60 drops with water or water and alcohol.
- An infusion can be made by steeping 1 tsp to 1 tbsp of fresh or dried leaves in one cup of boiling water for 10 minutes.

- A teaspoon can be filled with dried leaves and added to a cup of boiling water. Steep for 10 minutes.
- Black pepper essential oil can also be used.
- Capsules can be made from powdered extract. 1 capsule twice a day is the standard recommendation, though up to three capsules may be taken twice a day.

SIDE EFFECTS:

- It's not recommended to take black pepper if you're pregnant and/or breastfeeding, or you have heartburn or stomach ulcers.
- Medical attention is advised when taking black pepper when you suffer from gallstones, kidney stones, peptic ulcers, bleeding problems, and when taking blood thinners.
- Also, if you have a heart condition, high blood pressure, and asthma, medical help is needed when taking black pepper.

WARNINGS:

Some people may get an allergic reaction to black pepper such as itching or swelling of the lips and face after eating certain foods that contain piperine, for example, watermelon, grapefruit, and cashew nuts.

Black pepper should not be given to babies under one year old.

Never take more than the recommended dosage of black pepper as it can lead to an overdose which may lead to nausea, seizures, and heart problems.

Excessive intake of black pepper for a long period of time is dangerous because it may lead to kidney failure.

INTERACTIONS:

Black pepper, when used either through diet or supplementation, should not be mixed with stimulants. Stimulants become less effective when taken together because one's metabolism increases causing the stimulant to work at a much slower rate. For this reason, caffeine and black pepper should never be taken together in any form.

Also, avoid taking black pepper with herbal diuretics because they have similar properties and may cause a depletion of potassium.

Take black pepper with caution if you're taking analgesics as it increases the absorption rate of these drugs causing an overdose to occur more quickly with potentially fatal results.

Black pepper containing piperine also interacts negatively with some medications, such as those that are changed and broken down by the liver, because the piperine in black pepper speeds up this process. It also decreases the number of certain medications that are absorbed by the body, which can make their effects less strong.

DOSAGE:
200–400 mg of black pepper essential oil taken orally, or applied to the skin.

CAUTIONS:

- If you suffer from gallstones, kidney stones, peptic ulcers, bleeding problems, and when taking blood thinners - medical help is needed when taking black pepper.
- Also, if you have a heart condition and asthma it's not recommended to take black pepper.

BROWN MUSTARD

DESCRIPTION:
Brown mustard (Brassica juncea) is known as a "hot herb." It stimulates an increase in blood circulation and can help remove toxins from the body.

Brown mustard is considered safer than all other herbs, and only mild negative effects rise when it is used incorrectly. Brown mustards can interact with how medications work (specifically, birth control).

USES:

Brown mustard is used for colds, asthma, arthritis, whooping cough, bronchitis, hypertension (high blood pressure), angina pectoris, tachycardia (rapid heart rate), pelvic inflammation, and neuralgias. It is also considered useful for dissolving gallstones and kidney stones.

BENEFITS:
Brown mustard has anti-inflammatory effects, may help with respiratory conditions, and can help cleanse toxins from the body.

ORIGIN:
Brown mustard is native to Europe, Asia, and North Africa.

SIDE EFFECTS:
It is generally considered safe when used properly. Brown mustard should not be used by people who have a history of blood clots because it increases the chance of bleeding.

It should also not be taken by women who are pregnant or breastfeeding and shouldn't be used by children.

INTERACTIONS:
Brown mustard can interact with birth control and blood-thinning medications.

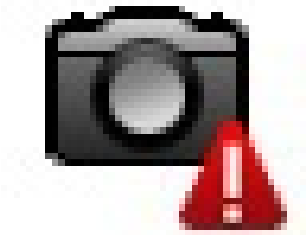
CAUTIONS:
It should not be used by children or people who have a history of blood clots, asthma, or other respiratory conditions or by women who are pregnant.

DOSAGE:
Small, frequent doses are more effective than larger doses at less frequent intervals.

PRECAUTIONS:
It should not be used by pregnant women or breastfeeding mothers, people with respiratory conditions, asthma, or who have a history of blood clots. People taking blood thinners or birth control pills should also avoid it.

CARAWAY

DESCRIPTION:
The caraway plant has a long history of culinary uses, but it also is known for its role in traditional folk medicine. The seeds are most often used medicinally and have been found to be helpful in managing digestive problems.



The primary active ingredients of this herb are the volatile oils that give the seeds their distinctive flavor, including trans-anethole, limonene, carvone, eucalyptol, and pinene. Caraway also contains coumarin compounds which are known to have anti-inflammatory properties.

USES:

The most common way people use it is in the form of tea. It can be consumed by itself or in combination with other herbs for additional medicinal benefit.

Caraway tea benefits the digestive system by promoting healthy digestion and can help to manage flatulence. It may also be helpful in the treatment of diarrhea, gas, colic, intestinal parasites, nausea, vomiting, indigestion, bloating, and heartburn.

It has also been known to relieve symptoms of colds and sore throats and to reduce fever.

BENEFITS:

There are a number of traditional uses for this herb that have not been scientifically verified. However, some benefits have been tested and found to be true. These include:

- Relieving menstrual cramps
- -Reducing gas and bloating
- Easing the discomforts of indigestion
- Soothing an upset stomach or intestinal tract
- Relieving arthritis
- Reducing inflammation
- Relieving pain

ORIGIN:

Caraway seeds are native to the Mediterranean and Asia, but they can now be found worldwide.

SIDE EFFECTS:

Side effects are rare, but may include photosensitivity, contact dermatitis, hives, respiratory allergies, anaphylaxis, and other allergy symptoms. There have been some case reports suggesting that caraway may lower blood sugar levels in people with diabetes.

Make sure to stop using the herb if you experience severe or unusual side effects.

It is not recommended that pregnant women use caraway, as it may affect the menstrual flow and uterine contractions. There also isn't enough data available about its safety during breastfeeding.

Caraway should not be taken by women who are breastfeeding, as it may cause uterine contractions. People with allergies to eucalyptol (found in caraway) should not use this herb.

INTERACTIONS:

Caraway can interfere with the absorption of iron from food and should not be taken within one to two hours of consuming foods that are high in iron.

Caraway tea can also reduce the effectiveness of birth control pills by preventing them from being absorbed properly. It is recommended that women increase their dosage during periods of active consumption.

OTHER INTERACTIONS:

Caraway may interfere with some medications, including anticoagulants and insulin.

Caraway may also interact with diabetes medication, birth control pills, and antidepressants containing MAOIs. If you are taking any of these drugs it is important to consult a doctor before using caraway or other herbs.

DOSAGE:

Before taking this herb, consult a health care professional to learn more about appropriate dosages and forms.

For indigestion, a cup of caraway tea every four hours is considered safe.

The German Commission E recommends a daily dosage of 50 to 100 grams (1½ - 3 ounces) of the herb's seeds for digestive problems.

CAUTIONS:

Do not use caraway if you have diabetes, as this herb may lower blood sugar levels.

People with allergies to eucalyptol (found in caraway) should avoid using this herb.

Do not take during pregnancy or breastfeeding unless otherwise directed by a healthcare professional and do not give to children without the supervision of an adult familiar with its use.

Caraway also affects the absorption of iron from food, so it's important to not take caraway and foods high in iron such as spinach together.

CARDAMOM

DESCRIPTION:

Cardamom has a slightly sweet taste and is often used in gum, teas, syrups, or candy. It can also be added to curries or other dishes for flavor.

Cardamom may help improve digestion by increasing the secretion of saliva and bile juices. In herbal medicine, cardamom is considered a carminative, which means it may help to prevent bloating and indigestion.

USES:

Cardamom is used to prevent indigestion, bloating, flatulence (gas), and colic, as well as temporary loss of appetite. It has also been used topically for wounds or skin infections.

BENEFITS:

Cardamom has been shown to have antioxidant, antimicrobial, and antifungal effects. It has also been shown to inhibit the growth of a number of bacteria that cause foodborne illness, as well as some fungi.

ORIGIN:

Native to tropical regions of Asia, cardamom is now also cultivated in Central America.

SIDE EFFECTS:

Cardamom is likely safe when used orally in amounts commonly found in foods. However, large doses may cause vomiting and irritation or ulcers in the digestive tract.

INTERACTIONS:

Cardamom may interfere with certain medications including calcium channel blockers, cisapride, lithium, paroxetine, and propranolol.

DOSAGE:

3 to 6 grams of ground cardamom seeds per day, or 60 to 90 drops of liquid extract three times daily.

CAUTIONS:

Cardamom is safe for most people when used orally in amounts commonly found in foods. However, cardamom should not be used by women who are pregnant or breastfeeding. Pregnant women should not use cardamom since it may increase the risk of miscarriage and could lead to other complications.

CAYENNE PEPPER

DESCRIPTION:

Cayenne pepper is a very spicy red pepper made from the dried fruit of a chili bush and has been used for centuries as an herbal remedy. Cayenne contains capsaicin, which like gingerol, is a member of the phenylpropanoid family. Capsaicin works by depleting substance P from nerve endings in the skin.

The herbal medicine cayenne pepper is used to treat many disorders including stomach ulcers, poor blood circulation, osteoarthritis (joint pain), rheumatoid arthritis (inflammation of the joints that makes movements difficult), heart problems like high blood pressure and irregular heartbeat. Cayenne can also be

applied externally to reduce pain associated with sports injuries, back pain, muscle sprains, headaches, and even inflamed hemorrhoids.

USES:

- Cayenne pepper is made into a tea that can be used to treat heart failure, angina, poor circulation, and breathing difficulties.
- Preparations of cayenne are also used for stomach pain including cramping, bloating, and gas.
- It has been noted in various studies that capsaicin when included in topical creams or ointments may help to reduce pain associated with osteoarthritis, rheumatoid arthritis, and psoriatic arthritis.

BENEFITS:

- One study found that capsaicin hydrogel patches relieved pain in the hands and feet of people with osteoarthritis better than acetaminophen (paracetamol) or ibuprofen.
- Capsaicin-containing cream appears to be effective for relieving pain associated with post-surgical conditions. The effectiveness of the capsaicin-containing cream is similar to that of diclofenac gel.
- Capsaicin may also help reduce pain due to fibromyalgia.

ORIGIN:

Cayenne pepper is native to Central and South America, but is now grown around the world.

CAUTIONS/SIDE EFFECTS:

- Cayenne should not be used by anyone who experiences acid reflux or heartburn since it can irritate the lining of the digestive tract. Capsaicin has been shown to inhibit some of the digestive processes in the stomach that allow for food to be digested more quickly.
- Those who have a history of kidney stones should not take cayenne since it can raise the risk of developing kidney stones. It may also increase calcium levels in urine and some people believe that it could cause bone loss over time if recommended dosages are exceeded.

- Cayenne pepper should not be used by those pregnant or breastfeeding since it can cause uterine contractions.
- It is recommended that cayenne pepper is avoided if there has been a history of heart disease, heart attack, or stroke as it could increase the risk of further complications from blood clots and high blood pressure.
- Cayenne pepper should not be used by anyone who has a bleeding disorder or stomach ulcers since it can increase the risk of bleeding.
- People with uncontrolled high blood pressure, diabetes, glaucoma, heart disease, overactive thyroid glands, and prostate problems should not consume cayenne pepper unless under the supervision of a doctor.
- Capsaicin should be used with caution in the elderly since it can cause problems if they have impaired kidney function.

SIDE EFFECTS:

- Cayenne pepper is safe when taken as a medicine in recommended doses over a short period of time, however, care should be taken when taking this herbal supplement for extended periods of time.
- Cayenne pepper consumed in medicinal amounts is not known to cause side effects when taken by mouth, however, it can cause stomach upset and heartburn.
- Those who are pregnant should avoid taking cayenne since it contains substances that could induce uterine contractions. Capsaicin, the primary component of cayenne, has been shown to affect a substance called substance P which can cause contractions of the uterus which could lead to an early miscarriage.
- Capsaicin, the primary component of cayenne, has been known to have toxic effects on liver cells and as such should be avoided by those who have had previous liver problems.
- Those with high blood pressure should avoid cayenne pepper since it can cause a rise in blood pressure and heart rate. The cayenne might also slow the clotting process which means that those with bleeding disorders should avoid this medicine.
- Capsaicin can affect skin sensitivity to sunlight and as such those who take cayenne should be careful when exposed to direct sunlight or UV

rays. It is recommended that cayenne pepper should not be used topically by those with sensitive skin since it can cause burning and stinging.

- Cayenne contains small amounts of oxalate which means that it could interact with some diuretics, laxatives, and other medicines.

INTERACTIONS:

Cayenne has been shown to increase the effects of some medications by slowing down their metabolization. Medications that may be affected include such as cyclosporin, dihydropyridine calcium channel blockers, and digoxin. Cayenne has also been known to slow down the metabolism of caffeine and thus should not be taken if one is consuming caffeinated drinks such as coffee or tea.

Cayenne pepper may also increase the effects of medications such as Phenytoin, warfarin (Coumadin), and methadone. People who are on these medications should be careful when taking cayenne since it could either raise their dosage requirements or lower the medication's effectiveness. Those on blood sugar-lowering drugs should also avoid cayenne since it could cause their blood sugar levels to fall too low.

DOSAGE:

As a dietary supplement, adults should take between 500 and 1800 milligrams of cayenne per day. People with diabetes should check their blood glucose levels regularly since cayenne could lower their blood sugar too much if they are on medication to control their condition. It is recommended that cayenne be taken in divided doses throughout the day.

CAUTIONS:

Cayenne pepper is generally safe when taken by mouth in recommended doses for short periods of time, however, care should be taken when taking this herb for extended periods of time or when taking it along with other medications.

People who are pregnant should avoid taking cayenne since it contains substances that could induce uterine contractions. Capsaicin, the primary component of cayenne, has been shown to affect a substance called substance P which can cause contractions of the uterus which could lead to an early miscarriage.

CELERY SEED

DESCRIPTION:

Celery seed is often used in metaphysics. The Eastern teachings of Tantra have long held that celery seeds can help in manifesting desires. When chewing celery seeds, they are consumed in order to release the phallic energy in men and enhance libido in women.

USES:

Celery seed has been used as a diuretic and to support weight loss for centuries, and is still popular today as a natural remedy for water retention. Celery seed acts as an appetite suppressant and some research supports the use of celery seeds for obesity.

Celery seed acts as a mild sedative that can also reduce anxiety and stress.

Celery seed is used to support liver and gallbladder function and may help improve digestive problems, such as gas or bloating.

Celery seed can also be used topically on the skin for insect stings and bites.

BENEFITS:

Celery seed has been used for centuries and contains many nutrients and plant chemicals in its extract, which can contribute to health benefits:

- Sesquiterpenes: Compounds in celery seed that help decrease appetite without increasing heart rate or blood pressure.
- Other compounds: Plant chemicals, such as folic acid, vitamin K, and potassium.

Celery seed may also help with weight loss as a mild diuretic and appetite suppressant.

ORIGIN:

Celery seed is native to Europe and parts of Asia.

SIDE EFFECTS:

No side effects have been reported from the topical use of celery seed on the skin for stings and bites or when used as a supplement on a short-term basis. However, the safety of celery seed for pregnant and nursing women is not known and it should be avoided by these women due to potential risks to the fetus.

INTERACTIONS:

Celery seed may interact with sedatives, such as barbiturates or benzodiazepines.

DOSAGE:

To support weight loss, a diet with a daily intake of celery seed extract in three doses of 100 to 300 mg each has been used. One teaspoon of celery seed can be taken twice daily, 30 minutes before meals.

For anxiety and stress, the dose is one-half teaspoon two to three times daily with water.

CAUTIONS:

Celery seed may interact with sedatives, such as barbiturates or benzodiazepines.

CORIANDER

DESCRIPTION:

Also known as cilantro, this herb is used for its pungent flavor in Mexican dishes. The fresh leaves are used for making curries and soups or can be steeped to make tea.

Coriander is a plant with many health benefits. Coriander contains antioxidants that help decrease cholesterol levels and fight free radicals in the body. It can also reduce inflammation in the digestive tract.

USES:

- Coriander helps with digestion and can help to reduce flatulence.
- Coriander has been shown to have anti-cancer properties.
- Coriander is a mild sedative that calms the nerves and aids in sleep.

BENEFITS:

- Reduces cholesterol
- Helps with inflammation in the gut
- Anti-cancer properties
- Mild sedative that calms nerves and aids in sleep.
- Improves digestion.

Origin: Native to the eastern Mediterranean, coriander is now grown worldwide.

SIDE EFFECTS:
Coriander has been known to cause skin allergies in some people

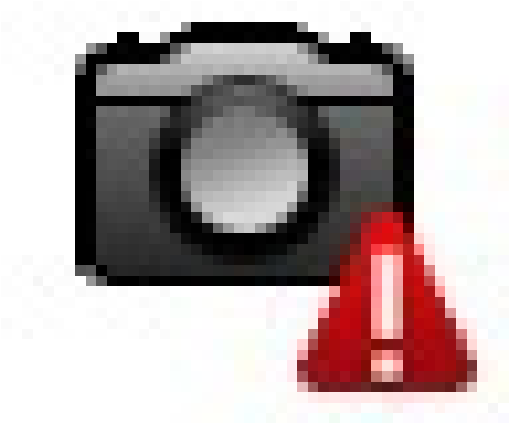
INTERACTIONS:
Coriander can interact with some drugs such as MAO Inhibitors.

DOSAGE:
For general health, Coriander tea can be steeped from 1 tsp of coriander per cup of hot water for 5 minutes.

CAUTIONS:
Coriander should not be used in its raw form by pregnant women. It has also been known to cause skin allergies.

CUMIN

DESCRIPTION:
Cumin is a spice with an aromatic, warm, and slightly bitter taste. Used as part of the majority of Indian cuisine, cumin seeds are commonly roasted or fried in oil before being added to dishes. The nutty flavor stimulates digestion and adds good taste to recipes, but it also has some surprising medicinal uses that make it more than just an herb for food.



USES:

Cumin has been used to treat a number of gastrointestinal problems such as gas, bloating, and stomach cramps. Cumin tea can relax the digestive system which will stop it from spasming and causing pain in the stomach or intestines. It also works as an antispasmodic drug so cumin can help with intestinal colic, stomach ulcers and lowers the pain experienced with gallstones. Cumin has also been found to be an effective diuretic so it can help flush out toxins from the body through urine.

Cumin is also known for its ability to improve blood circulation which helps with constipation because it will keep waste moving through your system more regularly. It can also help with persistent diarrhea because it stimulates peristaltic motion in the intestines which will move food through your system more quickly.

Cumin is thought to have antioxidant, antibacterial, and antiseptic properties that are useful for treating infections on the skin, wounds, and burns. Externally, cumin has been used as a pain reliever and for treating such things as arthritis, rheumatism, gout, and even to help promote the healing of broken bones.

Cumin essential oil can be used in aromatherapy or even taken internally to treat various health conditions. It is not recommended that you use cumin essential oil during pregnancy because it has a stimulating effect on the uterus.

BENEFITS:

Treats heartburn and constipation, alleviates pain from intestinal colic and gallstones, stimulates digestion, and flushes out toxins.

Can treat cancer, arthritis, rheumatism, gout, and broken bones.

External use as a pain reliever for arthritis and gout; internal use as a stimulating effect on the uterus during pregnancy.

ORIGIN:
India

SIDE EFFECTS:
May make heartburn worse. Also not recommended for use during pregnancy because it has a stimulating effect on the uterus.

INTERACTIONS:
May inhibit blood clotting, interact with prescription medications, cause allergic reactions, or irritate the stomach lining when taken internally. Could contribute to low blood pressure if used concurrently with antihypertensive drugs.

DOSAGE:
If you are pregnant, breastfeeding, or currently taking medication, consult your physician for dosing information.

The recommended dose is about 2 grams of cumin per day. Do not exceed this amount unless directed by a health care provider.

CAUTIONS:
Not recommended for use during pregnancy because it has a stimulating effect on the uterus. Interacts with antihypertensive drugs and could contribute to low blood pressure. Cumin essential oil is highly concentrated and should not be taken internally in its pure form; use in aromatherapy only.

DAN SHEN

DESCRIPTION:
Better known in the West as Salvia miltiorrhiza, Dan Shen is a plant found in China and Taiwan. It has been used for thousands of years to treat heart conditions such as angina and irregular heartbeat. This herb also contains ursolic acid, which research suggests promotes muscle growth.

USES:
Diabetes, high blood pressure, atherosclerosis

BENEFITS:
As an antioxidant, Dan Shen is well known for its ability to protect the heart. It has also been used successfully in China to help treat diabetes and high blood pressure.

ORIGIN:
Traditional Chinese medicine

SIDE EFFECTS:
Rarely, patients may experience upset stomachs or diarrhea if they eat too much of this root.

INTERACTIONS:
Dan Shen may increase the effects of blood-thinning drugs such as warfarin.

DOSAGE:
Available in pill form, Dan Shen can be found online or at health food stores. Adults should take between 600 and 1500 milligrams a day during treatment.

CAUTIONS:
Do not take Dan Shen if you are pregnant, since it can cause uterine contractions. It should also be avoided by individuals with ulcers. Since the chemical makeup of this herb is similar to aspirin, people who are allergic to aspirin should stay away from Dan Shen. It should not be used by children or teens with chickenpox or flues due to the risk of developing Reye's syndrome.

DILL

DESCRIPTION:
Dill is a tall, leafy plant with flat green leaves. Its flowers are bright yellow and its seeds look like small black peppercorns.

It grows well in temperate conditions, so it can be planted in the garden or grown indoors from seed on a sunny windowsill.

Dill is used to fighting diarrhea and gas. It also has a history of use for promoting milk flow in breastfeeding mothers and easing menstrual cramps.

Dill is available in many forms: fresh, dried, and as an essential oil (which is steam distilled from its leaves and seeds). It can be brewed into a tea or put directly under the tongue.

USES:

- Preventing gas, bloating, and flatulence
- Increasing breast milk production in breastfeeding mothers
- Fighting diarrhea

BENEFITS:

This tea is perfect for soothing digestive discomfort. It may also help reduce the symptoms of colic in children, according to the University of Michigan Health System. Dill promotes milk flow and can ease menstrual cramps as well.

Dill has also been shown to discourage some bacteria that cause gastrointestinal discomfort, by reducing their adherence to human intestinal cells.

Dill's aromatic essential oil is not for internal use. It may be toxic if taken orally and should only be used as aromatherapy, according to the University of Maryland Medical Center (UMMC).

ORIGIN:

Dill is a common herb in many European and Middle Eastern cuisines. It grows wild along the Mediterranean coast and across central Asia, as well as throughout North America.

SIDE EFFECTS:

Dill has no known side effects, but the University of Maryland Medical Center recommends not using it if you're allergic to carrots.

Carrot allergy is rare, so this should not be a problem for most people. Pharmacological actions: carminative, antispasmodic

DOSAGE:

Add 1 tsp. dried dill leaves or 1/2 tsp. fresh dill leaves to 8 oz. boiling water and steep, covered, for 10-20 minutes. This tea can be taken up to 4 times a day to ease symptoms of diarrhea and gas.

Dill essential oil should only be applied topically (diluted) and should never be used undiluted on the skin or in the bath; doing so may cause adverse reactions, according to UMMC.

CAUTION:

Dill may slow blood clotting, so it should be used cautiously by people who already have thin blood or are taking anticoagulant medications. It is not safe to use dill during pregnancy because it has uterine-stimulating properties that may induce labor.

ELECAMPANE

DESCRIPTION:

Elecampane is a large plant with purple, bell-shaped flowers and yellow roots that can be ground into powder or cut into slices.

USE:

Inhaling the pollen from this plant may improve asthma symptoms. Chewing the root has been known to cure a toothache among other things.

BENEFITS:

Elecampane stimulates the immune system and is a powerful expectorant, thus making it useful in treating respiratory conditions. It has been used as a cough medicine for centuries now.

ORIGIN:

Native to Europe and parts of Asia, elecampane is grown in North America as an ornamental plant.

PREPARATIONS:

For asthma, use one teaspoon of dried elecampane leaves or root, and steep for about 15 minutes in a cup of boiling water. Drink up to three times a day as needed. To treat a toothache, chew on the raw or dried root.

For asthma, tea made from six grams of roots, four times a day for 10 days, has been effective in treating patients with mild to moderate disease.

SIDE EFFECTS:

Side effects from elecampane can include gastrointestinal upset and allergic reactions.

INTERACTIONS:

Elecampane should not be used by pregnant or lactating women, in children, or in individuals with a history of kidney stones.

DOSAGE:

For asthma, drink 1-3 cups of tea made with 1 tsp. of dried root or leaf three times per day. To treat a toothache, chew on the raw or dried roots.

COMBINATIONS:

Can be used along with licorice for bronchitis and coughs. Can also be combined with Osha root to reduce the symptoms of colds and respiratory infections.

CAUTIONS:

Not to be used by pregnant or lactating women, in children, or in individuals with a history of kidney stones.

ECHINACEA

DESCRIPTION:

Echinacea is a flowering herb.

USE:

Echinacea can be prepared into teas and taken to treat the common cold and flu, as well as urinary tract infections and herpes simplex virus.

BENEFITS:

Although echinacea doesn't cure a common cold, it may make symptoms less severe and shorten how long you are sick.

ORIGIN:

Native to North America

SIDE EFFECTS:

Echinacea might make your skin more sensitive to sunlight.

INTERACTIONS:

Might lower blood sugar levels. It might also slow blood clotting and should not be combined with anticoagulants or antiplatelet medications, such as warfarin.

DOSAGE:

A typical dose of echinacea is 100 milligrams (mg) three times per day. However, dosing recommendations vary depending on the preparation.

CAUTIONS:

Echinacea might cause allergic reactions, such as swollen lips and tongue, rash, as well as itching, and hives.

FENNEL

DESCRIPTION:

An herb with a spicy, anise-like flavor used to relieve gas and other digestive complaints.

Native to the shores of the Mediterranean, Fennel has been used for over 3,000 years as a treatment for stomach issues. Although it does not cure flatulence (passing gas or "breaking wind"), it treats the symptoms, such as stomach cramps, bloating, and pain.

Around the world, fennel seeds are used to make medicine. The Romans rubbed it on their skin to prevent infection after battle wounds. It is still an ingredient in products for mouth ulcers today. In Chinese medicine, Fennel seeds are ground into a powder and made into capsules or mixed with tea to reduce coughs and soothe the throat.

Fennel seeds are also thought to help prevent the spread of cancer, especially skin cancer. A review in 2011 looked at all of the studies on Fennel that had been done up until then. It found that most studies showed an improvement in people's breathing. Other coughs hadn't improved, but there hadn't been many studies on them

USES:

Fennel is used for all of the following conditions, but there isn't enough scientific data to rate them for effectiveness.

- Acne
- Colds and flu
- Inflammation of the mouth and throat
- Skin infections

- Stomach cramps, bloating, and gas, especially after eating heavy meals or rich foods
- Coughs and sore throats

BENEFITS:

Fennel seeds have been used to treat digestive problems for thousands of years. Some research also suggests that Fennel may help reduce symptoms of coughs and the flu. It is still being studied in these areas, but early studies are promising.

ORIGIN:

Mostly in North America and Europe

Brewing/preparing: To make a tea, pour boiling water over 1tsp Fennel seeds. Let steep for 10 minutes, strain, and drink up to three times daily. The flavor is strong so you might want to try adding it to other herbal teas.

SIDE EFFECTS:

Fennel generally has no side effects, but if you are allergic to carrots, celery, dill, or other plants in the Apiaceae family, you may also be allergic to Fennel.

INTERACTIONS:

Discuss with your doctor before taking fennel if you are pregnant or nursing, have a bleeding disorder, heart disease, high blood pressure, diverticulitis (inflammation of the intestine), gallstones, kidney stones. Interaction with Drugs: May interact with acetaminophen (Tylenol). Talk to your doctor before taking fennel with medications.

DOSAGE:

Chewing a teaspoon of Fennel seeds is usually enough to get relief. To make a herbal tea, simmer 1 tablespoon of crushed fennel seeds in 8 ounces of water for 10 minutes. Strain and drink up to 3 times daily as needed. Do not take more than 3 cups in any 24-hour period. Fennel may interact with some medicines.

PREPARING FENNEL:

Fennel seeds are the size of cumin seeds. When buying a fennel, make sure you choose bright green bulbs with lots of feathery leaves. Look for heavy stalks and avoid any that look withered or dry.

COOKING WITH FENNEL:

Fennel seeds release their flavor when roasted, but they can also be used in fresh salads or ground into a powder to make curry. They are often added to pickles too. The feathery leaves of the fennel can be cooked like celery or chopped up and added to soups.

CAUTIONS:

Fennel may lower blood sugar levels, so those with diabetes should monitor their blood sugar closely after taking fennel. If you have an allergy to carrots or celery, talk to your doctor before taking fennel. Don't take fennel if you are pregnant or breastfeeding.

Check with your doctor before taking Fennel if you have diabetes, are pregnant or are nursing, have a bleeding disorder, heart disease, high blood pressure, diverticulitis (inflammation of the intestine), gallstones, or kidney stones. Stop using fennel at least 2 weeks before having surgery. Do not use fennel to replace medications prescribed for you by your doctor.

NOTES:

Fennel has been used safely in doses up to one teaspoon of the ground seed three times a day for up to six weeks or as an infusion (tea) four times a day for up to eight weeks. It should not be used longer than four weeks.

FENUGREEK

DESCRIPTION:

This herb is native to the Mediterranean region and western India but is now cultivated worldwide. The seeds are used medicinally and in cooking.

USES:

Fenugreek is used for digestive problems such as diarrhea and indigestion. It might also lower blood sugar levels. Some people use it to improve breastmilk production, but this hasn't been proven.

BENEFITS:

Fenugreek has long been used in folk remedies for arthritis, asthma, bronchitis, diabetes, edema (swelling), indigestion, constipation, and ulcers. It is also used for its expectorant (phlegm-relieving) properties in the treatment of upper respiratory tract infections such as allergies, bronchitis, coughs, colds, tonsillitis, sinusitis, sore throat, and laryngitis.

In a lab study done with rats, fenugreek was shown to reduce blood pressure. The high potassium content in this herb might be responsible for the blood-pressure-lowering effect, according to researchers at Kobe Pharmaceutical University in Japan.

Western experimental studies indicate that it may help control blood sugar levels and aid digestion. It also acts as a mild laxative and diuretic (increasing urine production).

Fenugreek contains two chemicals, trigonelline, and nicotinic acid, that improve glucose metabolism. The combination is thought to control blood sugar levels by improving the liver's ability to break down glucose (sugar) into energy. It also increases insulin output, which enhances sugar metabolism.

A chemical in fenugreek called 4-hydroxy isoleucine has been shown to stimulate the production of insulin, which may make this herb helpful for people with low or unstable blood sugar levels.

Fenugreek's combination of chemicals is thought to relieve constipation and stimulate milk production in nursing mothers. Some people apply fenugreek to the skin for boils, ulcers, sores, eczema, psoriasis, and ringworm.

ORIGIN:

India, Mediterranean

SIDE EFFECTS:

Avoid large doses of fenugreek if you have diabetes or hypoglycemia (low blood sugar). Use caution when taking fenugreek supplements because they may have a blood-thinning effect and might interfere with other medications.

There are some reports that fenugreek might cause severe allergic reactions, including anaphylaxis and life-threatening asthma in some people.

Avoid if allergic to fenugreek, chickpeas, peanuts, or peas. Avoid if you have diabetes, low blood sugar reactions, and during pregnancy because it might cause uterine contractions and lead to a miscarriage. Stop using fenugreek and

seek emergency medical attention if you experience symptoms of an allergic reaction such as itching, rash, nausea, vomiting, or difficulty breathing.

INTERACTIONS:

Fenugreek might slow blood clotting and increase the effects of drugs that slow clotting. Combining fenugreek with other herbs or supplements that slow clotting might increase the chances of bruising and bleeding. Some examples are garlic, ginger, ginkgo, feverfew, horse chestnut, Panax ginseng, turmeric, and willow.

DOSAGE:

The recommended fenugreek dose is 5-15 g of seeds or 500 to 1,500 mg of powder daily.

CAUTIONS:

Fenugreek should not be used long-term. If you have diabetes, consult your doctor before using this herb. Do not use if pregnant or breastfeeding.

JUNIPER BERRIES

DESCRIPTION:

The juniper berry is a small, round fruit with a blue color. The name of the plant family (Juniperaceae) comes from the Latin name for the plant (Juniperus communis). Juniper berries are known for having purifying properties. The name of the plant comes from the Latin meaning "be ever pure." It is believed that juniper berry tea can help decrease cellulite and remove toxins by promoting urination and sweating which helps to heal cysts, tumors, and abscesses in the body.

USES:

Juniper berries make an excellent diuretic tea. It is very good for kidney function, has a cleansing effect on the body, and also helps to get rid of excess water weight. A traditional remedy for colds and flu, juniper berry increases sweating and urination which can help move a fever and also thin sticky mucus

in the respiratory tract allowing a person to breathe easier. It is used for urinary tract infections, all of the genitourinary system, and also for digestive difficulties such as bloating or diarrhea.

BENEFITS:

Although it can interfere with the absorption of certain medications, juniper berry tea has many health benefits. It stimulates the appetite and relieves gas, especially when there is an excess accumulation of gas in the digestive tract. This is helpful for people who suffer from nausea, vomiting, or an upset stomach after eating fatty foods. Juniper berry tea is also very good for the urinary tract. It is used to treat bladder infections, kidney stones, and prostate problems.

It is also excellent for premenstrual symptoms, cramps during menstruation, and labor pains. Juniper berry tea works exceptionally for arthritis pain in the hips, thighs, or lower back. The detoxifying effect of this tea reduces water retention and helps the body get rid of excess salt, toxins, ammonia, uric acid, and cholesterol. Juniper berry tea is also an effective skin cleanser. Juniper oil is a natural diuretic that is used in many commercial products for cellulite because it dissolves fat cells when applied to the skin.

Origin: Native to northern Europe and parts of Asia.

SIDE EFFECTS:

No known side effects when taken in normal dosage amounts. Allergic reactions are possible but highly unlikely.

DOSAGE:

Make a tea by boiling 1 ½ tablespoon of dried, crushed berries in 8 ounces of water for 10 minutes. Allow the herb to steep and cool completely before straining it and drinking a cup or two a day. Store your extra tea in a covered glass jar so that it doesn't lose its aroma.

INTERACTIONS:

Juniper berry can prevent the absorption of certain medications such as antibiotics and diuretics. It is also possible to overdose on this herb if you take too much at once or drink large amounts often.

CAUTIONS:

Do not use during pregnancy or if you are breastfeeding. Do not drink juniper berry tea if you have type 2 diabetes, kidney problems, or stomach problems such as ulcers or bleeding disorders.

It is also possible to overdose on this herb so take caution and consult your doctor before taking it.

OTHER NAMES:
Common juniper, blueberry tree, mountain cedar, prickly juniper, African saving, shadbush.

LOVAGE

DESCRIPTION:
A large plant with a pale green stem and leaves; it grows up to ten feet tall and blooms small lavender flowers. It has a strong celery-like smell and can be used as a substitute for celery or parsley in recipes, but its best-known use is the roots.

Lovage root tastes like a cross between celery, parsley, and lemon. It's known as a digestive aid because it's high in potassium and calcium carbonate which aid digestion by stimulating the stomach lining to produce more acid.

Lovage root is also known to increase testosterone levels in males.

USES:
Lovage root can be dried, powdered, and used in soups, stews, salads, or on its own. It is also used in many perfumes because of its pleasant smell.

Because lovage root increases testosterone levels in males it has been known to help men with infertility issues.

BENEFITS:
Lovage root is used to reduce gas, bloating, stomach cramps, and indigestion. It also helps with liver problems caused by alcohol abuse.

ORIGIN:
Mediterranean

Side Effects: Lovage root has the potential to cause allergic reactions in people sensitive to plants from the celery family.

INTERACTIONS:

Lovage root has the potential to affect blood pressure and thyroid levels in people taking prescription medications.

DOSAGE:

Lovage root should be steeped in boiling hot water for 20 minutes or boiled for 5 minutes before being served to reduce its impact on the stomach lining. One cup of lovage tea three times a day is recommended as a dose for indigestion.

HOW TO USE LOVAGE:

Lovage root can be made into a tea by steeping one teaspoon of the finely grated root in hot water for about 10 minutes. Add honey or lemon if it's too bitter, you can take 1-2 cups per day.

Lovage root can be used in soups, stews, and salads as a seasoning. It has a strong celery-like taste so use sparingly until your palate is accustomed to it.

CAUTION:

Lovage might increase the risk of miscarriage when pregnant, so avoid during pregnancy or breastfeeding.

MACE

DESCRIPTION:

Mace is the red, lacy covering or aril that surrounds a nutmeg seed. It yields approximately 5-9% essential oil and has antimicrobial properties. Mace oil contains myristicin, which may be responsible for its narcotic effect if ingested in large quantities.

Mace oil can be used externally as a rubefacient and to increase local circulation and its antimicrobial properties make it useful as an addition to

soaps.

Mace oil is often used for the same purposes as nutmeg, including the treatment of arthritis and rheumatism.

Mace may also be applied topically as a counterirritant and for the treatment of muscle pain

USES:

Mace oil is used in the treatment of arthritis and rheumatism, to increase local circulation, as a rubefacient, and for its sedative effects. A daily dose of 5 drops is used by some aromatherapists as a sedative and analgesic before bedtime. Mace has also been applied topically to control excessive menstrual bleeding, promote uterine contraction, and reduce inflammation associated with endometriosis.

Mace may be added to baths to treat nervous exhaustion, muscular pain, and anxiety.

BENEFITS:

Mace oil is often used in the same manner as nutmeg, which is to say it can be used in aromatherapy for pain relief. It may also be applied topically to control excessive menstrual bleeding and reduce the symptoms of endometriosis.

ORIGIN:

Mace is native to the West Indies and southern Asia.

Side effects: No known side effects when used externally. May be dangerous if consumed in large quantities. Ingesting high levels may cause nausea, vomiting, kidney failure, and narcotic effects such as respiratory depression and sleepiness.

INTERACTIONS:

No known interactions.

DOSAGE:

Not for internal use.

Cautions: Do not ingest; may be dangerous if consumed in large quantities; external use only; can irritate the skin. Mace oil should never be applied to or near the face of infants and young children, especially around the nose and mouth, as it may cause spasms and swelling.

MUSTARD

DESCRIPTION:

Mustard is a plant that engenders a good appetite, has good effects on stomachs and is pectoral. It stimulates the flow of saliva, expels phlegm from the lungs by coughing, breaks stones in the bladder, kills worms in persons or animals, mitigates their venomous bites too. The seed of mustard is colder than the plant itself. It is moist, keeps the chest open, causes good appetite, good digestion of food, and alleviates pain in it.

The seed of mustard is hotter than pepper but colder than radish. This seed produces warmth in the stomach, expels phlegm from the lungs by coughing, breaks stones in the bladder, and quenches thirst. It also mitigates their venomous bites too. The seed is eaten raw or cooked with other food.

USES:

For the headache, put some mustard in a thin cloth and tie it to your head.

For jaundice, take boiled water with ground mustard seeds every morning for three days.

For venereal diseases, cook one cup each of garlic bulbs, onions, and ground mustard seeds together in four cups of water until two cups are left in total. Let it cool before drinking the whole cup every day for three days.

For snakebite, mix some mustard oil with pure henna powder and apply this to the affected area. Leave it on overnight and wash it off in the morning. Do this daily until symptoms subside.

For blackheads, warm half a cup of mustard oil until it is lukewarm. Massage this oil on the blackheads every night before sleeping for three weeks until symptoms improve.

For jaundice, take boiled water with ground mustard seeds every morning for three days.

For swollen breasts in women, twice a day take some warm mustard oil and massage the breasts evenly. This will cure this condition within a week.

For joint pain, mix two tablespoons of mustard oil with half a tablespoon each of camphor powder and crushed garlic, plus one teaspoon of fenugreek seeds. Burn the mixture in four cups of boiling water until it is reduced to one cup. Add some pure honey while still hot to make it into a tonic. Drink it once or twice daily for three weeks until symptoms improve.

For jaundice, take boiled water with ground mustard seeds every morning for three days.

For sprains, mix half a teaspoon each of dried ginger powder and ground mustard seeds with warm castor oil. Massage this mixture on the affected area. Repeat every two hours until symptoms improve.

For muscle pain, apply some castor oil mixed with fresh ginger juice and ground mustard seeds to the painful area. Apply heat over this to enhance absorption. Repeat twice daily for ten days until symptoms subside.

BENEFITS:

- Helps digestion
- Fights bad breath
- Increases saliva secretion
- Lowers body temperature during flu or illness
- Kills worms in humans and animals. helps with snake bite toxins. can be used as a mosquito repellent. Can help cure urinary problems, kidney stones, bladder issues, arthritis, muscle pain, joint pain, increases appetite, expels phlegm from lungs by coughing. reduces inflammation, can help with rheumatism, softens the gums, and helps toothache
- It is a diuretic (can be used for urinary problems like excess urination)
- Regulates menstruation (helps with PMS).

ORIGIN:

India

SIDE EFFECTS:

None. It is safe and natural.

INTERACTIONS:
None known

CONTRAINDICATIONS:
None.

MYRTLE

DESCRIPTION:
The Myrtaceae plant family, of which the genus Myrtus belongs, is a diverse genus. The myrtle plants are shrubs and trees that prefer warm climates. They grow particularly well in places with a subtropical or Mediterranean climate.

They thrive on having moist soil and partial shade for growing. They prefer the sunlight dappled through the leaves, but avoid direct exposure to sunlight.

Myrtle is often used for ornamental purposes or as an evergreen hedge. It is also very useful for attracting honeybees and other insects that are beneficial to the garden.

The estimated lifespan of Myrtus communis can be up to 50 years if properly taken care of.

USES:
The Myrtus communis has been used for ornamental purposes as well as many medicinal uses.

The oil of Myrtus communis can be used as a powerful antiseptic and fungicide, to treat infection and reduce inflammation on the skin. For example, it is used to clean wounds and ulcers on the skin.

BENEFITS:
It also helps to treat acne and other skin diseases, as well as open cuts.

It is able to cure gastric problems, from heartburn or gastroenteritis. It has been used to treat anorexia nervosa and induce appetite in the elderly.

It can be used for flu symptoms such as a fever and a sore throat.

ORIGIN:

Mediterranean countries

SIDE EFFECTS:

As with all plants, there are some risks that come from using Myrtus communis as a medicine.

In case of ingestion, it can cause nausea and vomiting. In high doses, it may also cause diarrhea and stomach pain.

When used for prolonged periods on a wound surface, the skin may become dryer. It is advised to use an oil or another moistening agent, in this case.

Myrtus communis can irritate the skin in sensitive people or if it is used too often in the same spot.

It should be kept in mind that when ingested by pregnant women, Myrtus communis may also cause uterine contractions. Thus, breastfeeding women should avoid it.

INTERACTIONS:

There are no known interactions of the Myrtus communis with other medications.

DOSAGE:

The dosage of Myrtus communis depends on the individual.

It is advised to see a doctor in case of ingestion or when using it in children, for proper dosage and duration of treatment.

Myrtus communis oil has been used in the diluted form at concentrations no higher than 1%, three times daily for acute application. For an antiseptic type of treatment, it should be used in a concentration of 5-10% for one week. For chronic or sensitive skin types, it is better to avoid using the oil directly and use only water-based preparations.

For oral consumption, Myrtus communis can be taken as tea up to three times daily.

CAUTIONS:

It is important to mention that Myrtus communis is toxic for cats, dogs, horses, and cattle.

Also, it should not be consumed by lactating women or pregnant women if ingested.

The oil can cause skin irritation in some individuals, so it's advisable to test the product on a small area of the skin before using it on the whole body.

It is not advised to use it with other medications, as interaction can happen.

NUTMEG

DESCRIPTION:

Nutmeg is the seed of Myristica fragrans, a nut-bearing tree indigenous to Indonesia. It has been used for centuries as both a cooking spice and in traditional medicine.

Most people know nutmeg because of its use in cooking, but it wasn't until recently that modern research investigated its medicinal properties beyond occasional cases of accidental poisoning.

Nutmeg is still used as a commercial food spice to flavor baked goods, egg nog, and meat dishes. It's also present in some toothpaste brands.

Nutmeg has been put into drinks that are intended to relieve stiffness, soreness, or tension. It was once thought to be an aphrodisiac.

USES:

Nutmeg contains several essential oils and chemical compounds. The most important chemicals are myristicin and safrole, which have been shown to cause psychotropic effects when inhaled or consumed in large doses.

Nutmeg has a long history of use as a medicine. It was taken internally to treat digestive problems such as diarrhea, abdominal cramping, intestinal gas, flatulence, and indigestion.

Nutmeg was also applied externally to treat conditions like rheumatism, leprosy, wounds, boils, sores, earache or deafness, toothache, or facial neuralgia. It has been used in China as a treatment for malaria.

Today nutmeg is used to treat a variety of conditions including pain, diarrhea, and fever.

BENEFITS:

There is no clinical evidence to support the use of nutmeg as a drug.

Nutmeg has been used as a folk remedy for numerous conditions and it might offer some benefits, but there is little scientific information on its effectiveness or safety.

In 2009, scientists at the UK-based Queen Mary School of Medicine and Dentistry investigated nutmeg as a treatment for colitis, a type of inflammatory bowel disease (IBD).

A laboratory study found that myristicin and elemicin, two chemicals in the essential oils of nutmeg, were effective at suppressing inflammation-causing enzymes.

An animal study found that one chemical in nutmeg, safrole, reduced swelling caused by an ingredient in ibuprofen.

But there is no information on whether nutmeg can be used as a safe and effective treatment for IBD in humans.

Nutmeg might also reduce the risk of bleeding, but there are no studies supporting this effect.

ORIGIN:

Nutmeg is native to the Spice Islands of Indonesia, which are also known as the Moluccas.

SIDE EFFECTS:

Nutmeg is safe when used appropriately, but consuming too much nutmeg can result in serious side effects.

These include vomiting, diarrhea, hallucinations, anxiety, tremor, convulsions, hypotension (low blood pressure), cardiac arrhythmias, and death.

Nutmeg poisoning is relatively uncommon, but high doses can cause serious problems. It's best to avoid nutmeg entirely if you are pregnant or breastfeeding since there is no information on the safety of nutmeg for these

patients. Also be sure to stop using it before surgery, since it could interfere with blood clotting.

INTERACTIONS:

Nutmeg may dangerously interact with antidepressants and other drugs.

It might cause bleeding when taken with blood thinners such as warfarin (Coumadin).

Taking nutmeg along with other hallucinogenic drugs such as LSD or magic mushrooms could result in an overdose or death.

Nutmeg can also increase the effects of caffeine, resulting in increased anxiety and blood pressure.

DOSAGE:

Nutmeg essential oil is toxic in large amounts, so it should not be used orally or otherwise consumed.

As an alternative, nutmeg can be taken in the form of nutmeg tea. For therapeutic purposes, one to three teaspoons of ground nutmeg are steeped in boiling water for 15 minutes and then strained before use.

Nutmeg oil may also be applied topically to the skin using a few drops of oil diluted in two teaspoons of sesame or coconut oil.

CAUTIONS:

People who are pregnant or breastfeeding, those with heart problems, and those taking anticoagulants such as warfarin should avoid nutmeg and discuss the use of nutmeg supplements and essential oil with a doctor first.

People with schizophrenia should avoid using nutmeg because it may worsen symptoms. There is also some concern that psilocybe mushrooms and nutmeg might interact to cause a life-threatening reaction.

In addition, those who have been diagnosed with kidney disease should avoid using nutmeg since it contains significant amounts of oxalates, which may worsen kidney problems. And as always, children should not be given nutmeg as a treatment for any condition.

PAPRIKA

DESCRIPTION:

A spice made from the dried, ground pods of a variety of capsicum. It is used as a seasoning and is believed to provide relief from arthritis and heartburn.

USES:

Capsinoids found in paprika may be effective against inflammation by inhibiting lipid oxidation. A randomized trial with forty patients suffering from rheumatoid arthritis and using a formula containing red pepper powder and fish oil showed significant improvement in pain and swelling compared to placebo.

BENEFITS:

Capsinoids found in paprika may be effective against inflammation by inhibiting lipid oxidation. A randomized trial with forty patients suffering from rheumatoid arthritis and using a formula containing red pepper powder and fish oil showed significant improvement in pain and swelling compared to placebo.

ORIGIN:

Europe

SIDE EFFECTS:

There are no known side effects in taking paprika in low doses. However, larger doses can cause stomach irritation and may increase the risk of ulcers in certain people.

INTERACTIONS:

None.

DOSAGE:

Capsaicin can be ingested in dietary amounts up to 10 mg per meal.

CAUTIONS:

- People suffering from heartburn should avoid paprika as it may worsen their condition.
- Add paprika during or after cooking, as heat destroys the spice's beneficial qualities.
- Paprika supplements are not recommended without a prescription due to their potency.

- Pregnant women should consult with their doctor before taking dietary supplements containing red pepper powder or paprika.

PEPPERMINT

DESCRIPTION:

Peppermint is a herb that can be found in two different varieties, water mint and spearmint. It has an extremely strong flavor that comes from menthol which acts as a natural pain reliever that can help improve digestion. The oil of peppermint has been determined safe to use by the FDA for any purpose. According to the University of Maryland Medical Center, peppermint oil is not recommended for pregnant women because it can cause uterine contractions and has been shown in some studies to decrease milk production.

Peppermint is native to Europe where it has been used for centuries as a medicinal herb. Its name comes from the Greek word "peperke" which refers to pepper flavored candy that was made with gingerbread. This is thought to have been a reference to the strong flavor of peppermint.

USES:

Peppermint has many uses including treating nausea, headaches, arthritis pain, PMS symptoms, irritable bowel syndrome (IBS) and other digestive problems, gallstones, earache pain, chronic respiratory disorders such as bronchitis and asthma.

BENEFITS:

Peppermint has many benefits because it contains menthol which acts as a muscle relaxant. It also acts as an antispasmodic which reduces the severity of painful spasms and cramps. Peppermint tea helps with digestion by relieving gas, decreasing bloating, and preventing stomach cramps that are caused by the muscles in the intestines contracting. The University of Maryland Medical

Center has also studied peppermint and found that it can decrease abdominal pain in people with IBS. Peppermint contains menthol which acts as a mild anesthetic, numbing the nerves and muscles around the skin to reduce pain from arthritis, muscle strain, and other types of joint pain. Menthol works by blocking a substance in the brain that transmits pain messages to the brain.

PREPARATION:

Peppermint can be used to make tea which should be steeped for 10 minutes. However, the American Cancer Society recommends that peppermint oil not be taken internally because it can cause some people to feel heartburn or have an upset stomach.

ORIGIN:

Peppermint is a flowering plant that can be found in many locations throughout the world including North America, Europe, and Asia.

SIDE EFFECTS:

The oil of peppermint has been determined safe to use by the FDA for any purpose. However, many people still experience side effects when they use undiluted peppermint oil including heartburn, changes in mood and/or mental states such as anxiety or agitation, diarrhea, nausea, and vomiting which can be severe, and seizures.

The effects of peppermint can be felt within five minutes when inhaled since it acts as a mild anesthetic in the nasal passageways and lungs which numbs the nerves to reduce pain in muscles, joints, and other areas. The University of Maryland Medical Center recommends using two drops of 100% peppermint oil in a cup of hot water and inhaling the steam for up to fifteen minutes at a time to reduce pain and swelling due to arthritis.

A standard dose of peppermint is 4-8 grams per day, but this can increase as needed.

INTERACTIONS:

Peppermint contains menthol which acts as a mild anesthetic, numbing the nerves and muscles around the skin to reduce pain from arthritis, muscle strain, and other types of joint pain. Menthol works by blocking a substance in the brain that transmits pain messages to the brain. There are no known interactions between peppermint and other medications, but you should always check with your doctor or pharmacist before adding any herbal supplements to your daily regimen.

DOSAGE:
There is no standard dosage for peppermint.

CAUTIONS:
Peppermint is not recommended for pregnant women because it can cause uterine contractions and has been shown in some studies to decrease milk production. Menthol, which is a natural oil found in peppermint, can be administered intravenously by a medical professional when the person has anaphylactic shock, a life-threatening allergic reaction that can cause difficulty breathing.

PIMENTO

DESCRIPTION:
Pimenta is native to the West Indies and northern South America. It has been used by indigenous Native Americans for hundreds of years in herbal remedies. Pimento is a large tree in the Myrtaceae family. It has glossy, oval leaves and its fruit is berry-like with multiple seeds

USES:
The pimenta berries have natural anesthetic properties. They are often used to relieve toothaches by inserting the juice into the cavity made by a removed tooth. In this way, the pimento can help kill the pain and prevent an infection from forming in that area. It can also be made into a paste, added with some oils and other ingredients to form a cream, and applied topically on areas of pain or irritation.

Pimenta berries don't only have pain-relieving properties, they also help the body fight infections and reduce inflammation. The berries contain a chemical that can inhibit some bacteria from growing or spreading, making it beneficial for preventing bacterial infections.

Pimenta is used as an antiseptic to prevent infection in minor cuts and scrapes on your skin. This is because it has antiviral, antifungal, and antibacterial properties.

BENEFITS:

- Analgesic - Relieves pain.
- Anti-inflammatory - Reduces inflammation.
- Antibacterial - Fights against certain bacteria to prevent their growth and infection.
- Antiviral- Prevents or slows the growth of viruses that can cause infections and disease.
- Antifungal - Fights against fungus to prevent or slow their growth.
- Some Antiparasitic - Helps fight certain parasites.

ORIGIN:
Native to the West Indies and northern South America.

SIDE EFFECTS:
Gastrointestinal Problems - The berries of pimento can be toxic to your gastrointestinal tract if too many are consumed. Symptoms include mouth irritation, abdominal pain, and cramps.

INTERACTIONS:
Pimenta may cause negative interactions with medications that slow blood clotting. This means it might make these drugs less effective, which can increase your risk of bleeding. These drugs include aspirin, clopidogrel (Plavix), diclofenac (Voltaren, Cataflam, others), ibuprofen (Advil, Motrin, others), naproxen (Anaprox, Naprosyn, Aleve), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, warfarin (Coumadin).

Pimenta may also interact with medications for various other conditions.

DOSAGE:
The proper dosage of pimento is not known. Adverse effects, like gastrointestinal upset, are seen if too many seeds are consumed.

To use as a pain reliever or anti-inflammatory, make an extract by crushing 20 grams (g) fresh berries and boiling them in 500 milliliters (ml) water. Drink at least three times a day.

To use as an antiseptic, make an extract by crushing 20 grams (g) fresh berries and simmering them for 10 minutes in 100 milliliters (ml) water. Strain the mixture and let it cool before using the extract to cleanse wounds or sores.

For antiviral purposes, take one teaspoon (5 ml) of pimento infusion two times a day for 10 days.

CAUTIONS:

Pimenta berries should never be eaten raw, as they can cause severe mouth or throat irritation. They should always be used in a way that reduces the risk of irritation, such as being mixed with oil before being applied to the skin. If you have sensitive skin or think you might have a problem with pimento berries, then it would be wise to avoid using them in any form.

REHMANNIA

DESCRIPTION:

Rehmannia is also known as Chinese Foxglove. A genus of herbaceous reed-like plants

USES:

Rehmannia is used in Chinese medicine to nourish the blood and unblock the channels. Its chief use is in treating Yin deficiency, especially in women with menstrual problems such as scanty periods or amenorrhea (absence of menstruation), and in menopausal problems in women.

Rehmannia can be applied externally to skin inflammations in the form of an ointment, plaster, or medicated cloth.

BENEFITS:

Used in the treatment of kidney stones, gallstones, edema, urinary disorders, hypertension, fever, and diabetes.

ORIGIN:

Rehmannia is native to China.

SIDE EFFECTS:
None

INTERACTIONS:
None

DOSAGE:
Decoction: 1.5-9 grams

Tincture: 40-90 drops two to three times daily, or as needed

CAUTIONS:
No known precautions. Contains alkaloids and glycosides that may affect the heart, blood pressure, and insulin levels in diabetic patients. Not recommended for pregnant women or people with impaired liver function. Rehmannia should not be used by individuals who have abdominal pain, diarrhea, or any inflammatory condition.

HERBAL ACTIONS:
The Chinese use Rehmannia in prescriptions to treat menopausal syndrome and many kinds of chronic diarrhea with abdominal pain.

AVAILABLE FORMS:
Pills and tablets, ointments and creams, and powdered herbs for making tea.

SHOU WU

DESCRIPTION:
Shou Wu (pronounced like shoo-woo) is a Chinese herb that has been used for centuries to reduce gray hair, enhance sexual function, and lower blood sugar levels.

Shou wu is claimed to be able to restore both physical energy and mental clarity. They also claim that it can help rid the body of excess cholesterol.

Shou Wu (also known as Foti) has long been revered for its anti-aging abilities. It is an excellent kidney tonic and helps to strengthen the liver and adrenals. This herb is especially popular with men who are experiencing balding or thinning hair. Modern research has confirmed that Shou Wu also specifically inhibits testosterone-induced miniaturization of hair follicles, making it an excellent option for those looking to halt male pattern baldness before the problem gets worse (i.e., preventative).

USES:

A Kidney Tonic, Anti-Aging, Baldness Prevention

BENEFITS:

Shou Wu is typically taken as a long-term tonic and not used for short periods of time. It can help with symptoms such as fatigue, low libido, weakness in the extremities (such as hands and feet), pale or dry tongue coating, impotence or infertility, light-headedness when standing up quickly (orthostatic hypotension), memory loss, irritability, low sperm count. The root is taken for kidney deficiency or weakness, hair loss, or graying hair.

The dosage for anti-aging purposes is typically 1 gram of powdered extract daily (taken orally) with warm water. It should be noted that 8% of users experience side effects such as diarrhea, upset stomach, or dizziness.

ORIGIN:

Chinese

SIDE EFFECTS:

Side effects include: dizziness, diarrhea, upset stomach, and/or nausea.

INTERACTIONS:

It is not recommended to take within two weeks of taking monoamine oxidase inhibitors (MAOI) or antihypertensives as this herb may increase blood pressure.

This plant should be taken with caution by those who suffer from autoimmune disorders, are pregnant, or breastfeeding.

This herb may also lower blood sugar levels, so it is not recommended to take when on diabetic medication.

DOSAGE:

1.5-6g of dried herb per day

USAGE:
Take 1/2 to 3/4 tsp after food, three times daily. If taking as a powder, take inside the capsules instead of making an infusion from the loose herb.

Use the capsules only when they are of high quality.

CAUTIONS:
None

SICHUAN PEPPER

DESCRIPTION:
Most of the world knows Sichuan pepper as simply peppercorns. That is not very accurate, however. This spice comes from a prickly ash tree that grows in cold regions of Asia. The berries are harvested just before ripeness and then dried by being roasted over an open fire to allow them to pop open. The husk is then removed and what remains are the seeds. These are ground into a very spicy powder that is used to flavor foods, especially meat.

Though this plant grows wild in North America, it is cultivated to serve as an ornamental plant. It has shiny leaves with showy flowers that are purple-pink in color. Some American species have white flowers. The fruit is a capsule that splits into three parts when ripe, revealing shiny black seeds. Birds eat the fruits and help with seed dispersal.

USES:
Many herbalists say that Sichuan pepper is an effective cure for nausea, vomiting, and loss of appetite. More recent research shows that it can treat

respiratory disorders including bronchitis. It may also be applied topically to the skin in a paste to help with headache relief.

BENEFITS:
This plant has many benefits, but the most important in Chinese medicine is its ability to improve blood circulation. That makes it effective at curing headaches, increasing fertility, and relieving pain in general. It may also be used as a compress when applied externally to draw out poisons or toxins from an injury site.

The leaves are often used for asthma, bronchitis, and cough. The roots are used for edema, gastrointestinal problems, and abdominal pain.

ORIGIN:
This plant is native to China and Tibet. It may be found along stream banks where it gains a foothold in the rocks.

PREPARATION:
To make an herbal tea, combine 1 teaspoon of the powder with ½ cup warm water. Let steep for 5-10 minutes before drinking. The tea can also be mixed with ginger to help with nausea and stomach cramping.

SIDE EFFECTS:
There have been no reported side effects from this plant's use as a medicinal herb.

INTERACTIONS:
None known

DOSAGE:
1-3 teaspoons per day as tea or in foods.

CAUTIONS:
This plant should not be confused with black pepper that comes from a completely different plant. It does not cause any side effects if taken as directed, but if eaten in large doses it can cause nausea and vomiting.

ST JOHN'S WORT

DESCRIPTION:
This herb has thin, pointed leaves and small yellow flowers which bloom from June to August. It is a common weed, often found growing near the coastline or in dry open spaces such as fields and woodland edges.

St John's wort extracts are used for depression, anxiety, sleep disorders, and premenstrual syndrome (PMS).

USES:

St John's wort contains chemicals that are thought to increase the levels of three neurotransmitters in the brain, serotonin, norepinephrine, and dopamine. This is thought to be how St John's wort works for people with depression.

Studies on St John's wort had mixed results for the treatment of anxiety disorders but overall results were promising.

St John's wort is sometimes used for sleep problems, especially in Europe. However, there is not enough good evidence to support its use for this indication.

There is some evidence that St John's wort may improve mild to moderate depression but it may take up to three months of treatment before improvements are seen.

BENEFITS:

St John's wort may be as effective as some types of antidepressant medication to treat mild to moderate depression.

SIDE EFFECTS:

St John's wort has not been well studied in young people, so it is not known if it is safe or if it works for this age group. It also hasn't been studied long term so we do not know if side effects are likely.

St John's wort may increase sensitivity to sunlight, causing increased skin redness and sunburn, it can make the skin more sensitive to UV light. It should not be taken at all by people with depression who are also taking

certain medications for HIV or for the treatment of hepatitis C because St John's wort may lead to serious drug interactions.

ORIGIN:
Native to Europe, particularly the UK.

INTERACTIONS:
St John's wort should not be taken with other antidepressant medications, medications for HIV, or for the treatment of hepatitis C because St John's wort may lead to serious drug interactions.

CONTRAINDICATIONS:
St John's wort should not be taken by people with bipolar disorder or cyclothymia because it may worsen symptoms.

A large number of drug interactions have been identified with St John's wort and the following medications should not be taken:

DOSAGE:
Adults should take one 300mg capsule of St John's wort three times daily with water.

CAUTIONS:
St John's wort may worsen symptoms in people with bipolar disorder or cyclothymia. There is not enough evidence that St John's wort is safe to use during pregnancy or breastfeeding.

STAR ANISE

DESCRIPTION:
The star-shaped fruit of a small tree native to southwest China is used for culinary and medicinal purposes. It is the source of an oil that has been shown to kill cancer cells, inhibit tumor growth, and enhance immune function

USES:

Star anise can be used in combination with other herbs to treat chronic hepatitis C infections according to research done at the University of Malaya. The herb can also protect the liver from damage by alcohol according to another study done in Iran. also used for appendicitis, bowel obstruction, stomach ache, gas or bloating, excess gas in the digestive tract, nausea, flatulence, heartburn, and hyperacidity in the stomach

Benefits: Some of the compounds in star anise have been shown to kill cancer cells, inhibit tumor growth and enhance immune function

ORIGIN:

Southern China and northern Vietnam

Side Effects: Side effects are rare when used as directed. Star anise may cause allergic reactions in people with allergies to plants from the magnolia family. People with severe liver disease must avoid using this herb because it contains a compound that is known to damage the liver

INTERACTIONS:

Interaction with medications, such as barbiturates and sedatives, may cause an additive effect. It should be avoided by pregnant women. Star anise must not be taken either in large quantities or long term

DOSAGE:

It is consumed as a tea, 10 to 30 g three times daily

CAUTIONS:

Avoid during pregnancy. Not suitable for long-term use. Not safe for children unless prescribed by an experienced herbalist or naturopath. Those with severe

liver disease should avoid using star anise. Not recommended in large quantities.

TABASCO PEPPER

DESCRIPTION:

Tabasco is a variety of pepper. The hotness comes from the chemical capsaicin, which in high doses can lead to death. Healthy people usually feel little to no symptoms (green).

USES:

Medicinally, Tabasco is used for reducing fevers and preventing ulcers. While it cannot heal ulcers or stop bacteremia once it has occurred, it can help to prevent them from occurring in the first place by killing off germs in the stomach (red).

BENEFITS:

In medicine, the benefits of taking Tabasco are primarily preventative. It can help to prevent ulcers from forming or recurring and has been shown to have anti-bacterial properties that may aid in preventing bacteremia.

Another benefit of considering tabasco as a medical treatment is its ability to reduce pain and discomfort caused by fevers (green).

ORIGIN:

Tabasco is a species of pepper native to Mexico and Central America. It has been introduced to many other locations around the world, but it originally comes from south-central Mexico and parts of northern Central America.

Preparation: The pepper can be eaten whole and raw in salads and other foods. It can also be dried and ground into a fine powder called cayenne pepper. It can also be dried and then boiled into a tea-like drink or combined with other herbs, such as ginger. In addition to its modern medicinal uses, the pepper was used for ceremonial purposes by many Native American tribes.

PREPARATION METHODS:

The method of preparation will directly affect how effective this herb is for medicinal purposes. For example, if preparing it as a tea then more leaves need to be used. Smoking the plant material has little effect on any chemical compound contained within it.

SIDE EFFECTS:

One potential negative effect is contact dermatitis, which causes itchiness and irritation after touching the peppers; this can be avoided by wearing gloves during cultivation and harvesting. Another possible side effect is an upset stomach (yellow); however, if taken as directed this shouldn't be a problem for most people. In rare cases it can overstimulate the body's immune system, causing excessive sweating, vomiting, and diarrhea (red).

INTERACTIONS:

- Interacts with the respiratory system: smoking this plant material may cause damage to the respiratory system.
- It may cause an allergic reaction in people who are sensitive to it or come into contact with it frequently.
- Taking other common medicines such as ibuprofen, aspirin, and acetaminophen while taking Tabasco can cause problems. This is because they all work by inhibiting the COX enzyme and can lead to gastrointestinal problems if combined.
- Taking this herb with alcohol or other sedatives may increase the risk of gastrointestinal damage; whereas taking it with stimulants such as caffeine may help to prevent that same damage (green).

DOSAGE:

The recommended dosage for the prevention of ulcers is one teaspoon every four hours. A fever-reducing dosage is about two teaspoons every hour until the desired effect is achieved. If there are any negative effects (green), decrease the dosage to a level where they disappear; make sure not to stop taking it

altogether or withdrawal symptoms may occur. If you wish to continue treatment after this illness has passed then slowly reintroduce Tabasco into your diet again.

CAUTIONS:

- If you are pregnant or breastfeeding then consult your medical provider before taking any herbs.
- Although there are no known interactions, this herb should be avoided by those who have digestive disorders such as Crohn's disease or ulcers. It may also aggravate GERD (gastroesophageal reflux disease).

TAMARIND

DESCRIPTION:

Tamarind is a tall tree that has white blossoms, brown seeds, and long pods. The pulp inside the pods is used to make tamarind water which can be drunk as a refreshing drink or used as an ingredient in cooking. In herbal medicine, tamarind has been found to have anti-inflammatory properties and can be used for skin conditions such as eczema and psoriasis. It can also be used as a mouthwash for sore throats and to relieve diarrhea, ulcers, and constipation.

USES:

The fruit of the tamarind tree is used for asthma, fevers, etc. It can be made into tea and taken orally for sore throats/coughs. A poultice may also be made by boiling leaves in water or chewing on the roots.

The leaves are also used to make tea for upset stomach, arthritis, back pain, bladder complaints, diabetes, diarrhea, and dysentery. A hot poultice of the leaves is applied to swollen joints or other inflammations. The bark contains tannin which is astringent. It should be used sparingly as excess tannin can cause constipation.

BENEFITS:

Studies suggest that tamarind is an effective and safe anti-diabetic agent

ORIGIN:
Africa

SIDE EFFECTS:
None known in normal dosage

INTERACTIONS:
None

DOSAGE:
A dosage is not given as it is used in cooking frequently

CAUTIONS:
Should not be used in pregnancy or breastfeeding. Contains tannin which may lead to constipation if taken excessively. Excessive use of Tamarind fruit is known to cause anemia. The bark should not be used on open wounds.

VANILLA

DESCRIPTION:
vanilla is a flavoring derived from orchids of the genus vanilla native to Mexico.

USES:
Aside from food, vanilla extract is also used in perfumes, soaps, and candles.

BENEFITS:
Vanilla has been shown to have antioxidant potential.

ORIGIN:
Mexico

SIDE EFFECTS:
Vanillin causes irritant dermatitis in susceptible people. People who are allergic to aspirin may also be allergic to natural vanillin.

INTERACTIONS:

None reported.

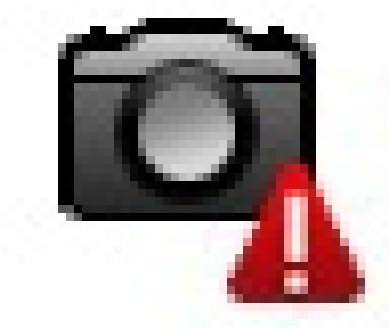
CONTRAINDICATIONS:
People allergic to aspirin may be allergic to vanillin, a specific form of natural vanillin known as vanillan.

DOSAGE:
There is no clinical evidence to support dosing recommendations for vanilla. Traditional use calls for 1/4 to 1/2 teaspoon of a 0.5% tincture three times per day.

CAUTIONS:
None reported.

WHITE MUSTARD

DESCRIPTION:
White mustard is a fast-growing annual that reaches up to 30 inches tall. It has alternate leaves and produces yellow flowers. The seeds of white mustard can be harvested as soon as they start to ripen, usually, after 30 days from the time, it was planted.



USES:
It has been known to have nutritive value, but primarily it is commonly used as a food flavoring agent.

BENEFITS:
White mustard seeds have antioxidant, antimicrobial, and anti-inflammatory properties. They also serve as an effective remedy for respiratory congestion and upper digestive irritation.

ORIGIN:
White mustard seeds are mainly used in Europe and North America.

SIDE EFFECTS:

None - although it should not be ingested by pregnant women or those who are breastfeeding or suffer from kidney disease without first consulting with their physician.

INTERACTIONS:
None.

DOSAGE:
One teaspoon several times throughout the day should be more than enough for medicinal purposes.

CAUTIONS:
None

WHITE PEPPER

Description: White pepper, which is a kind of peppercorn, is made from the seeds of a vine related to the chili pepper plant.

USES:
White pepper can be used as a remedy for nausea and vomiting. It should not be used by those who have stomach ulcers or those taking certain medications such as blood thinners. The main active ingredient of the pepper plant is piperine which has been shown to increase gastrointestinal contractions.

BENEFITS:
White pepper can be used to help with diarrhea, abdominal cramps or spasms, nausea, vomiting, and loss of appetite.

ORIGIN:
White pepper is native to India where it has been used for centuries as a spice and medicinal herb.

SIDE EFFECTS:

Side effects are generally related to the digestive discomfort caused by the increase in gastrointestinal contractions.

INTERACTIONS:

It may interact with blood thinners, stomach ulcers, and certain medications.

DOSAGE:

To treat nausea, vomiting, and loss of appetite take 0.25-1 g of the powder or one capsule every 3-4 hours.

CAUTION:

Do not take white pepper if you have a stomach ulcer or bleeding disorder. Avoid using it for prolonged periods of time.

Pregnancy and breastfeeding: White pepper is safe in pregnancy but should not be used by people with stomach ulcers or persistent indigestion.

ABSINTHE

DESCRIPTION:

Also known as "The Green Fairy" or La Fee Verte, absinthe is a bitter alcoholic drink that contains the herb wormwood. What makes Absinthe unique is that it has an exceptionally high alcohol content (roughly 50% ABV). The substance thujone, found in the wormwood plant, was once believed to instill a psychoactive effect in the body when consumed.

USES:

Absinthe is most commonly used as a recreational drink, akin to how people may use other alcoholic drinks. Traditionally the liquor was consumed by placing three or four parts of absinthe with one-part simple syrup in a glass before filling it with ice-cold water. The water would turn the drink into what looked like "a cloudy, light green liquor".

BENEFITS:

There are various claims regarding the health benefits of absinthe; however, scientific evidence does not support anyone's claim in particular. Some believe that absinthe has psychoactive effects when consumed due to the high thujone content. Others feel that it may be beneficial for general health because it contains antioxidants and flavonoids. It is also believed that absinthe can relieve muscle and joint pain, improve digestion and help ease problems with menstrual cycles.

ORIGINS:

Absinthe is thought to have been invented by a French doctor in the late 1700s, but it gained popularity amongst Parisian artists and poets in the mid-1800s. The liqueur quickly became popular across Europe despite being blamed for causing hallucinations, epilepsy, mental degradation, and a litany of other health concerns. Many cases also blamed the drink for ending marriages or careers. In response to this public outcry, Absinthe was banned across Europe and in the US by 1912.

SIDE EFFECTS:

Consuming high amounts of thujone can lead to wormwood toxicity, which may cause seizures and liver damage. Drinking absinthe has not been shown to cause any major side effects; however, many people feel that it causes mild hallucinations when consumed in large doses.

INTERACTIONS:
Because absinthe contains high amounts of alcohol, it should not be consumed with other drugs or alcoholic beverages.

DOSAGE:
No official dosage has been suggested for Absinthe.

CAUTION:
Absinthe is most commonly used in small doses, so there are no major safety concerns.

BALM

DESCRIPTION:
The word balm comes from the Greek balsamon, which means "healing" and was first used to describe a medicinal plant by Dioscorides. Plants that were commonly called balm included basil, marjoram, mint, and oregano. Balms contain volatile oils and enzymes that give them antimicrobial properties. They may be used anywhere on the skin, but are most often found in products that are marketed to relieve pain or reduce wrinkles. While many balms contain anti-inflammatory properties, they also may cause irritation if not formulated correctly.

USES:
Balms are often used to treat pain and inflammation, but they may also be used to reduce wrinkles and stretch marks.

BENEFITS:

There are many benefits to using balms. They may be used on the face, hands, legs, feet, and body to help with itching, dryness, or inflammation caused by insect bites or rashes. Balms can also be applied to open wounds or burns to protect them from infection and speed recovery time.

ORIGIN:

Some balms are made from tree resin, while others are made from petroleum jelly.

TIPS:

Apply a little bit of balm at a time and see how your skin reacts before applying more. This will help you avoid a negative reaction to the product.

SIDE EFFECTS:

Balms have the potential to cause skin irritation when used incorrectly.

INTERACTIONS:

Balms should not be applied to broken skin or on open wounds.

DOSAGE:

Balms are generally applied as needed.

BASIL

Description: A popular herb used in cooking. Contains high levels of vitamin A and C, calcium, iron, phosphorous, magnesium, omega 3 fatty acid [mg/mg-milligrams per milligrams], manganese [Mn], potassium [K+] and fiber [g/100g].

USES:

Several studies have found that basil may lower the risk of colon cancer. It is also used for several other medical conditions, including arthritis, bronchitis, colic, diabetes mellitus [DM], dysentery sore throat, and neck pain.

Basil is known to contain high levels of antioxidant compounds called carnosic acid, rosmarinic acid, and ursolic acid. These compounds help to increase the antioxidant capacity of blood cells and protect them from oxidative stress.

Basil has been used for centuries as a treatment for rheumatoid arthritis (RA). In one study, scientists treated RA with an ointment containing dried basil leaves. Most patients who received the basil ointment experienced significant pain relief within two weeks of treatment. Researchers believe that carnosic acid, a chemical found in basil, has anti-inflammatory effects that reduce swelling and pain associated with arthritis.

BENEFITS:

Anti-inflammatory effects, Pain relief for arthritis and rheumatism, as well as providing relief from swelling and pain, may help with the treatment of arthritis

ORIGIN:

Native to India, Nepal, and other areas of the Eastern Himalayas.

SIDE EFFECTS:

Side effects are rare but may include skin allergies or irritation.

INTERACTIONS:

None

DOSAGE:

3 - 4 cups of basil tea daily.

CAUTION:

Not for use in pregnancy or lactation.

BAY LEAF

DESCRIPTION:

The leaves are lanceolate, 7–20 cm (2.8–7.9 in) long, and 2–5 cm (0.79–1.97 in) broad, with a serrated margin. It is an aromatic Mediterranean plant belonging to the family Lamiaceae (mints), which also includes many other aromatic herbs, including rosemary, sage, savory, oregano, and thyme. Its flavor comes from a mixture of essential oils contained in the leaves

USES:

The leaves are used to flavor soups, stews, meat, and vegetable dishes. It has a bitter taste due to its tannins, and a slightly sweet fragrance due to its essential oils. Some of its most common uses include: bronchitis, colic, depression, diarrhea, dysmenorrhea, gas, gout home remedy:

Bay leaves are highly aromatic and can be added to soups and stews whole (if you wish them to retain their shape). They can also be crushed or ground before cooking for maximum flavor. Packaged bay leaves will keep for up to one year if stored in a cool, dark place.

"Bay leaves are edible and aromatic, but their skin is rich in tannins which can have astringent effects on the gastrointestinal tract."

BENEFITS:

- Colic – Crushed Bay leaves are also thought to help with colic or stomach cramps. Bay leaves contain methionine, which can help relax the muscles in the intestines and stomach.
- Bronchitis – Bay leaves are sometimes combined with other herbs such as ginger, garlic, and thyme to make a tea that is thought to break up congestion in the lungs and bronchi. The tea also relieves painful coughing fits.
- Tummy troubles – Bay leaves are thought to relieve colic, diarrhea, and indigestion. Adding one or two crushed bay leaves to your bathwater may help ease stomach aches.

ORIGIN:

Southeast Asia is the main producer of Bay leaves.

SIDE EFFECTS:

Bay leaves may be toxic if taken in large doses. Do not use during pregnancy or while breastfeeding unless directed to by a qualified health care provider. The chemicals in bay leaves may cause uterine contractions and it has been suggested to avoid them when

INTERACTIONS:

It may be advisable to avoid taking Bay leaf while pregnant because it can cause uterine contractions. Symptoms of overdose include nausea, vomiting, stomach cramps, diarrhea, headache, confusion, blurred vision, and mental disturbances.

DOSAGE:
To make a tea, pour 1 cup boiling water over 1-2 teaspoons of dried leaves or 4 fresh bay leaves. Steep for 5 minutes, strain, and serve.

CAUTION:
Pregnant or breastfeeding women should not use bay leaves.

BUCHU

DESCRIPTION:
Buchu is a shrub that grows in the eastern cape of South Africa up to Kyalami. This evergreen has leathery dark green leaves, which are shiny on the upper side and hairy on the lower surface. The leaves have an aromatic odor with a slight tinge of bitterness. It blooms white flowers from November to April, which are long and slender at the end of small branches.

USES:
Buchu is used as herbal medicine to treat infections, male infertility, eye problems, stomach ailments, sinusitis, and respiratory catarrh. It helps to improve urine flow in the body and is also known for its anti-inflammatory properties.

Buchu can be used as a natural medicine for the following conditions:

- To prevent bladder infections & dissolve kidney stones
- It relieves symptoms of cystitis, urinary tract infection, and urethritis.
- The leaves are beneficial in the treatment of disorders of the liver, gallbladder, pancreas, and digestive system.
- Relief from stomach problems like bloating, cramps, heartburn, and flatulence.
- Aids in digestion and relief from constipation.

- Decreases the production of urine & helps in dissolving kidney stones.
- Natural diuretic to improve urinary flow.

BENEFITS:

- Relieves symptoms of cystitis, urinary tract infections, and urethritis.
- Beneficial in the treatment of disorders of the liver, gallbladder, pancreas & digestive system.
- Natural diuretic to improve urinary flow.

ORIGIN:
Buchu is native to South Africa.

SIDE EFFECTS:
None.

INTERACTIONS:
May interfere with warfarin.

DOSAGE:
A decoction or infusion can be taken orally. The leaves can be dried and stored for later use.

CAUTION
No known precautions or contraindications in normal quantities.

CAPERS

DESCRIPTION:
A flowering plant that comes from the Mediterranean. Used to flavor food, capers can also be used as a home remedy for insomnia or other sleeping problems.

USES:
Promote sleep

BENEFITS:
Research has shown that 'Caper Bush (Capparis spinosa L., Capparaceae)' has promising medicinal value when used for inducing sleep in humans. The Mediterranean flowering plant can be made into herbal tea or infused in oil as well as taken as a capsule.

ORIGIN:
Europe

COOKING:
Not recommended as a cooking ingredient.

SIDE EFFECTS:
None.

INTERACTIONS:
None.

CAUTIONS:
No known cautions. Although it's unlikely, consult your physician before use if you are pregnant, nursing, or taking medication of any kind.

CELERY

DESCRIPTION:
A perennial plant that is believed to have originated in the Mediterranean, celery has been cultivated and used as a food and medicine for thousands of years. The stalks and leaves are usually harvested and considered to be safe for human consumption.

USES:
Celery juice can be orally consumed by itself or mixed with other juices as a tonic for urinary and digestive concerns. It can also be used in topical applications to reduce swelling and help with pain associated with arthritis.

BENEFITS:

Celery is high in vitamin K, which helps to reduce bruising and encourage clotting after injury. Celery also contains magnesium, which is effective in reducing leg cramps and restless leg syndrome.

ORIGIN:
Mediterranean

SIDE EFFECTS:
Consuming celery on a regular basis will decrease serum potassium levels, so it should be avoided by people with kidney disease or heart problems. Celery can also cause an allergic reaction in people who are sensitive to the celery plant.

INTERACTIONS:
May increase the risk for bleeding when taken with blood thinners such as warfarin (Coumadin), and may lower blood sugar levels, so it should be avoided by people with diabetes.

DOSAGE:
It is recommended to use between 50 and 100 ml (1/2 to 1 cup) of celery juice per day. It can also be used topically in a salve form.

CAUTIONS:
Pregnant or breastfeeding women should not eat large amounts of celery due to potential emmenagogue effects, which stimulate blood flow in the pelvic region and uterus. People with kidney disease, heart problems, or potassium deficiencies should avoid celery.

CINNAMON

DESCRIPTION:
Cinnamon is an herb that is native to South East Asia. It was first used as a spice in Indian cooking but has since spread throughout the world and is used in a wide variety of different foods. It has a distinct fragrance that is sweet and spicy with a hint of wood. It has been shown to have some anti-fungal properties and it is believed to be helpful for treating diabetes.

USES:

Cinnamon can be used in foods, teas, and alcoholic beverages. It is effective when rubbed on meat before cooking because it reduces the formation of cancer-causing substances.

If consumed in moderate quantities, cinnamon has been shown to be safe and effective for treating diabetes. It may also help decrease blood cholesterol and triglyceride levels.

BENEFITS:

Cinnamon is a traditional herb that has been used for many years as a food preservative and a flavoring agent. It is also known to have some medicinal properties and has been shown to promote blood circulation and help with digestion.

Cinnamon is also commonly used as an essential ingredient in the treatment of cardiovascular diseases, diabetes, and respiratory infections.

Cinnamon can be used to relieve muscle spasms and menstrual cramps. It has also been shown to help treat yeast infections, sinus infections, and sore throats.

ORIGIN:

Cinnamon is native to South East Asia and is commonly found in India and Sri Lanka. This herb has been used for thousands of years, most notably by Egyptians and Romans.

SIDE EFFECTS:

Cinnamon is a very safe herb when used in the proper quantities. However, it should be avoided by pregnant women and people who suffer from heartburn or diabetes.

Cinnamon may also cause allergic reactions in people who are sensitive to cinnamon or cassia trees. Cinnamon is often used as a substitute for Cassia, but cassia is actually a more potent form of cinnamon and should be avoided by those allergic to cinnamon.

INTERACTIONS:

There are currently no known drug interactions associated with cinnamon.

DOSAGE:

Dosage varies depending on the purpose of use. This herb is safe enough to be consumed in moderate amounts but it should not be taken too frequently.

CAUTION:
Cinnamon should not be used by pregnant women or those afflicted with heartburn or diabetes.

While cinnamon is a safe herb, it should be avoided by those who have a cinnamon allergy.

CHAMOMILE

DESCRIPTION:
Chamomile is a flowering plant whose flowers can be dried and used to make tea. Much medical research has been done on its properties, which appear to include anti-spasmodic, antibacterial, and even sedative effects.

USES:
It is excellent for treating stress, anxiety, and insomnia. It can be taken in a tea or tincture to soothe the digestive tract and reduce cramping. It has also been used topically to treat skin conditions such as eczema and psoriasis.

Benefits: One animal study found that chamomile tea can reduce anxiety in mice.

ORIGIN:
This is a flowering plant that comes from the daisy family. It grows in Europe, Asia, and Africa, but can also be found growing wild in North America.

SIDE EFFECTS:
No side effects

INTERACTIONS:
None known

DOSAGE:
A standard dose of dried flowers is two grams. This should be steeped in boiling water for ten minutes or so. Be sure to not exceed the recommended

dose, as chamomile can cause drowsiness and so should be taken before bedtime.

CAUTIONS:

It is not recommended for pregnant women, as its safety has not been established. It may also cause an allergic reaction in those with pollen allergies.

CHINESE KEYS

DESCRIPTION:

A traditional Chinese medicine consisting of a pair of wooden sticks with each stick split into two sections. The outer layer is made from a hollow metal ring to give it structure and rigidity. The hollow interior is used to hold the inner sticks, which are made from bamboo. When struck together, they create a musical sound.

USES:

Chinese keys are used to support the treatment of rheumatoid arthritis, lumbago, and sciatica. They can also be used for massage and to relieve stress.

BENEFITS:

Chinese keys can be used to relieve stress and tension, as well as increase joint flexibility. They may also be beneficial in the treatment of rheumatoid arthritis and sciatica.

ORIGIN:

China.

SIDE EFFECTS:

None

INTERACTIONS:

None

CAUTION:

None.

CLOVES

DESCRIPTION:

Cloves are flowering trees with a strong smell. Cloves have been used for centuries as a spice and can be found in many culinary dishes. Cloves are also often used to freshen bad breath.

Cloves have been found to be rich in antioxidants, which can strengthen your immune system. Cloves can also reduce pain and inflammation as well as kill bacteria.

USES:

Cloves have been used for centuries to treat toothaches and reduce pain. Clove oil can also be applied to the outside of the skin to help with pain, infection, swelling, aches, and fatigue.

BENEFITS:

Cloves are rich in antioxidants, which can strengthen your immune system. Clove oil is also good for pain relief and killing bacteria.

ORIGIN:

Cloves are native to Indonesia.

Side Effects: Clove oil should not be ingested without supervision from a medical professional. If you do ingest clove oil, make sure to dilute it with water.

INTERACTIONS:

Cloves can interact with common over-the-counter medications such as ibuprofen and aspirin. Clove oil should not be taken with other over-the-counter medications.

DOSAGE:
Clove oil should only be taken under the supervision of a medical professional. The recommended dose is 0.6-1.2 ml for adults.

CAUTION:
If you are pregnant or nursing, talk to your doctor before using clove oil. Make sure to check with your doctor or pharmacist before taking clove oil if you are on any medications.

CURRY LEAF

DESCRIPTION:
The curry leaf tree is a small to medium height tree that can be identified by its leaves. The leaves are long, thin, and spear-shaped.

USES:
There are many uses for curry leaves. Some of the more popular ones include treatment of diabetes, high blood pressure, anemia, jaundice, and epilepsy. It has also been used as an antibacterial for the skin, to aid in digestion, and is added to many dishes as a spice.

BENEFITS:
Curry leaf had such benefits as having antioxidant and anti-inflammatory properties, while also reducing the bad LDL cholesterol in the body.

ORIGIN:
Curry leaves are used in Indian dishes, and typically come from either of the two plants of the curry leaf tree.

SIDE EFFECTS:
Some of the side effects may include upset stomach, diarrhea, or nausea if too much is consumed.

INTERACTIONS:
These include interactions with diabetes drugs, anticoagulants, and blood pressure medication.

DOSAGE:

Dosage varies widely depending on the ailment, but typically ranges around 200-400mg per day.

CAUTIONS:

The leaf, bark, and root of the curry tree are used medicinally. While there are no known side effects of using curry leaves, there is no sufficient information available to determine the safety of using curry leaves in medicinal amounts.

FENNEL

DESCRIPTION:

A hardy plant, fennel can grow nearly anywhere but prefers the sun. The plant is good for relieving gas and colic, and can also be used to stop vomiting. It can also reduce the pain of a headache, and is good for relieving fatigue, preventing infection, and protecting against toxins.

USES:

- Inducing vomit to relieve nausea and stomach pain
- Treating gas and colic
- Reducing headache and fever
- Relieving stomach pain and vomiting
- Preventing infection
- Protecting against toxins and pollutants

BENEFITS:

Known for its ability to reduce gas and colic, fennel is often used by breastfeeding women. It can also be combined with other herbs to make a nice

tea. It is also known to prevent the formation of kidney stones and has been used as a remedy for rheumatism and arthritis.

ORIGIN:
Native to the Mediterranean region, fennel is now grown around the world.

SIDE EFFECTS:
No known side effects or adverse reactions.

INTERACTIONS:
May interfere with the absorption of iron, causing it to be ineffective.

DOSAGE:
An infusion is made by pouring 1 cup of boiling water over 1 tablespoon of the dried herb and steeping for 10 minutes.

As a tea, take one teaspoon of fennel seeds steeped in one cup of boiled water for 10 minutes.

As a tincture, take ½ - 1 teaspoon.

CAUTION:
Not recommended for use during pregnancy or by nursing women.

FIELD MINT

DESCRIPTION:
The plant is biennial, growing one year, flowering the next; the stems are erect and branched. The flowers are white to pinkish or purplish, 2–3 mm across, produced in dense whorls in a terminal spike. It is widely cultivated and can be found in many countries around the world.

USES:
It has a long history of herbal use, with the leaves being used as an aromatic culinary herb for centuries. The leaves are often used to flavor beverages,

either by steeping in hot water (such as in making mint tea) or by adding them to the brew. It is also used variously in folk medicine.

Mint tea made from field mint, as well as peppermint tea, has been traditionally believed to help with an upset stomach and irritable bowel syndrome. Mint essential oil has also been traditionally used as an anti-inflammatory, sedative, and analgesic agent.

BENEFITS:

"Kings Dispensatory" lists the uses of field mint as anti-inflammatory, antispasmodic, astringent, carminative, diaphoretic, digestive, diuretic, emmenagogue, febrifuge, stimulant, and a tonic.

Field mint leaves are also traditionally used to induce sweating in order to break fevers.

ORIGIN:

Field mint is a wild plant indigenous to Europe and Asia, but has since been cultivated and naturalized throughout the world.

SIDE EFFECTS:

While field mint contains active chemicals that may have some medicinal effects, it is not known if the levels of these chemicals in the plant are high enough for it to be used safely as an herbal remedy.

INTERACTIONS:

None

DOSAGE:

The following dosages are taken from diverse herbal texts.

Tea: 1 cup, 2-3 times daily

Tincture: 15-60 drops, 2-3 times daily.

Poultice: A poultice of field mint has been used to ease the pain and swelling of sprains and bruises.

Dosage for tinctures varies widely depending on the concentration of the tincture and what it is being used for. Always consult a medical professional before self-treating with any herbal remedies.

Spray: A spray of field mint has been used as a gargle for mouth, throat, and gum inflammations.

Teas are often made from combined ingredients based on what the herb is being used for, and what the individual likes.

CAUTIONS:
Though field mint has many benefits, it is contraindicated in patients who have gastroesophageal reflux disease (GERD), hiatal hernia, and esophageal strictures.

FRENCH TARRAGON

DESCRIPTION:
French Tarragon is an aromatic plant in the sunflower family. It is best known for its use in cooking.

USES:
It is used as a flavoring in foods and drinks, such as vinegar, tea, candy, and liqueur. It can also be steeped to make herbal tea

BENEFITS:
It has antioxidant, antimicrobial, and antitumor properties. It is beneficial for the respiratory system when used as aromatherapy

ORIGIN:
It originated in Eurasia but is now found around the world

SIDE EFFECTS:
May cause skin allergies, digestive problems, and gastric irritation in some people.

INTERACTIONS:
May interfere with warfarin, antiplatelet drugs, and anticancer drugs.

DOSAGE:
To make an herbal tea, steep 1-2 teaspoons of dried herb in one cup of hot water for 5 to 10 minutes.

CAUTIONS:
It should not be used by pregnant or breastfeeding women, diabetics, or people with hemophilia.

GARDEN NASTURTIUM

DESCRIPTION:
This is one of the easiest garden plants to grow, either from seed or transplant. The plant is very fast growing and will flower within months if given the right conditions of sunlight and water. The leaves are edible, as is the entire plant. In fact, nasturtiums have been used as a substitute for watercress. The flowers can be made into facial creams or added to a salad as decoration, and the seeds of the flower can be ground into a pepper substitute.

USES:
The nasturtium has been used for centuries to treat respiratory ailments such as colds and pneumonia. Its main active element, a chemical compound called asarinin, is analgesic and can be used as a pain reliever. It also has anti-inflammatory properties.

ORIGIN:
Native to South America, but can now be found growing throughout the world

SIDE EFFECTS:
Nasturtium should not be ingested by anyone with a history of kidney disease, gout, rheumatoid arthritis, or other inflammatory diseases. The plant is highly toxic if eaten in large quantities.

INTERACTIONS:
Nasturtium should not be used by anyone taking blood thinners, such as aspirin or warfarin. Blood thinners and nasturtium should never be used at the same time.

DOSAGE:
No more than 1000mg of nasturtium should be ingested at any one time. The plant should not be consumed for more than two weeks straight.

CAUTION:
Pregnant or nursing women should not ingest nasturtium. Nasturtium can cause nausea and vomiting in large doses. Women who are trying to become pregnant should not ingest nasturtium because of its emmenagogue effects.

GINGER

DESCRIPTION:
An aromatic plant with a hot and sharp flavor.

USES:
Ginger can be used to fight nausea, vomiting, gastric reflux, motion sickness, and as a mild stimulant.

BENEFITS:
Ginger prevents the growth of bacteria that cause food to rot. It can also be used to prevent surface damage to fruit and vegetables. Studies also show it can help treat common colds by speeding up recovery time, decreasing mucus production, and improving breathing.

ORIGIN:
Ginger is native to China.

SIDE EFFECTS:
Uncommon side effects of ginger include heartburn, headache, stomach upset, and drowsiness. Pregnant women should not take ginger as it can cause contractions and should not be used as a substitute for conventional medicine.

Speak with your doctor before taking ginger if you have diabetes or take blood-thinning medications.

INTERACTIONS:
Do not take ginger if you are taking blood-thinning medications such as warfarin (Coumadin). Also, ginger may interact with blood pressure medications and cause your blood pressure to drop.

DOSAGE:
Take between 400 milligrams to 2 grams of dried ginger daily, encapsulated or as tea.

CAUTION:
If taking ginger for medicinal purposes, do not take more than what is recommended. Using too much natural medicine can cause serious side effects and lead to unwanted complications.

Do not take ginger if you have a peptic ulcer as

POSSIBLE SIDE EFFECTS:
None

HOPS

DESCRIPTION:
This is a climbing hardy plant, known for its bitter taste. It has thin stems and vines that spiral upward, with smooth thin leaves. The flowers are cone-shaped and green, with a yellowish tint.

USES:
These are used to flavor beer and ale; it is also known as an anti-inflammatory and can be used as a mild sedative.

BENEFITS:
Hops are known to have a calming effect. They are used as an herbal remedy for sleeplessness, irritability, high blood pressure, anxiety, depression, tension headaches, and nervousness. They are also used to treat menstrual cramps.

ORIGIN:
Areas of Asia and North America

SIDE EFFECTS:
Hops are not known to cause any major side effects; however, they may alter the effectiveness of certain medications. A pregnant or breastfeeding woman should consult a doctor before taking hops.

INTERACTIONS:
Hops should not be taken with medications for high blood pressure, diabetes, or epilepsy.

DOSAGE:
The recommended dosage as tea is 2-4 grams of the dried flowers. The dosage for hops in pill form is 100-300 mg taken up to three times daily.

CAUTION:
Hops are not known to be dangerous; however, they may cause nausea or allergic reactions in some people. Consult a doctor before taking them.

HORSERADISH

DESCRIPTION:
Horseradish is that greenish vegetable with the root in the ground that you see in most grocery stores around Thanksgiving. It's been used to treat respiratory problems, gastrointestinal troubles, and urinary tract infections.

Horseradish is a root vegetable that grows as a biennial herb. It is a member of the mustard family and has been used as both food and medicine. Although

horseradish contains healthful nutrients, consuming too much can cause adverse reactions.

USES:

Horseradish can be used to treat bronchitis, asthma, hay fever, and pneumonia. Recent studies have shown that a chemical in horseradish known as allyl isothiocyanate may be effective in the treatment of prostate cancer.

Horseradish can also be used to treat sinus infections, stomach upsets, rheumatism, and gout.

BENEFITS:

Horseradish is a natural antibiotic. It's also a natural expectorant and decongestant. Some people use horseradish to treat respiratory problems such as bronchitis, asthma, hay fever, and pneumonia.

Horseradish is high in vitamin C and also contains vitamins A, B-complex, and E.

ORIGIN:

Native to Eurasia and North Africa. Horseradish is cultivated throughout the world.

SIDE EFFECTS:

The root may irritate the skin if handled improperly. Eating large amounts of horseradish may irritate the stomach and intestines, causing nausea and vomiting. Horseradish can cause an allergic reaction in those who are sensitive to the mustard family, which includes cabbage, cauliflower, and Brussels sprouts.

INTERACTIONS:

None

DOSAGE:

A typical dose of horseradish is 1 teaspoon (5 ml) twice daily. The tincture may be used, but only with dosing instructions from a qualified practitioner.

CAUTIONS:

Pregnant women should avoid eating horseradish because it may induce uterine contractions. Horseradish can irritate the stomach when eaten in large amounts. It can also irritate the skin. Always wash your hands thoroughly after handling horseradish root to avoid irritating your skin. People with heartburn or stomach ulcers should discuss using horseradish with their doctor.

HYSSOP

DESCRIPTION:
Hyssop is a plant with sturdy, tall stems and spires of bluish-green leaves. It has tiny, pale purple flowers that grow in clusters at the tops of stems. The leaves have a minty scent and a sharp, bitter taste.

USES:
This herb is used to treat bronchitis, coughs, and throat infections. It is also applied topically to soothe skin conditions such as wounds, eczema, and psoriasis. A tea made from hyssop can be used to treat loss of appetite, vomiting, diarrhea, fever, and infections of the mouth.

BENEFITS:
Hyssop is an expectorant, meaning that it helps to loosen mucus in the lungs and bronchi. This helps to relieve symptoms of respiratory infections such as bronchitis. It has been shown to help reduce blood pressure and even inhibit tumor growth.

ORIGIN:
This herb is native to the Mediterranean region.

OTHER NAMES:
Garden hyssop, Ezzikof.

SIDE EFFECTS:
Hyssop may cause heartburn, nausea, vomiting, rash, diarrhea, or difficulty urinating. Additionally, it can worsen symptoms of stomach ulcers and make asthma worse.

INTERACTIONS:
Hyssop may interact with sedatives and blood pressure medications. While it has been used to treat infections such as the common cold, there is no

evidence that it cures these infections.

DOSAGE:
Hyssop tea can be made by steeping two teaspoons of dried herb in one cup of boiled water. Drinking three cups per day is recommended.

CAUTIONS:
Women who are pregnant or breastfeeding should not take hyssop. Do not use this herb if you have severe kidney disease or severe diarrhea. If you suffer from any type of swelling (edema), do not use hyssop as it can worsen this condition.

People who are allergic to hyssop, mint, or sage should not take hyssop either. Additionally, if you are taking medicine for high blood pressure, have feverfew with your meals, or use an over-the-counter anticoagulant (blood thinner) such as warfarin (Coumadin), check with your doctor before using hyssop.

LEMON VERBENA

DESCRIPTION:
A plant with fragrant leaves that can be used to make tea. Strengthens the body's immune system.

USES:
in curing colds, rheumatism, fever, stomach aches.

BENEFITS:
Relieves stress and anxiety.

ORIGIN:
South America.

SIDE EFFECTS:
lemon verbena can cause some digestive problems and skin allergies.

INTERACTIONS:
Not recommended to use with a sedative.

DOSAGE:
Tea: Put a tablespoon of dried leaves in a cup, pour hot water over it, let it steep for 5 minutes.

Put a few fresh leaves in your bath and enjoy the wonderful fragrance and stress relief.

CAUTION:
Should not be taken by pregnant or breastfeeding women.

LEMONGRASS

DESCRIPTION:
A Central and South American species of tall, clumping grass that has a strong lemon flavor. The oil produced by distillation of the plant's leaves can be used in soaps or insect repellents, and to add flavor to foods.

Lemongrass is a good source of potassium, calcium, phosphorous, and vitamin B1.

USES:
The lemon flavor makes it useful in fish or chicken dishes, or in teas. It can be used to reduce fevers.

However, all parts of the plant are poisonous if ingested, so be sure to use it externally only.

BENEFITS:
Lemongrass reduces fevers, calms gastrointestinal distress, helps heal wounds and burns.

ORIGIN:

Central and South America

SIDE EFFECTS:
There are no known side effects to lemongrass.

INTERACTIONS:
There are no known negative interactions with lemongrass.

DOSAGE:
There are no suggested guidelines for dosing lemongrass.

CAUTION:
All parts of this plant are poisonous if ingested, so caution must be used when ingesting this ingredient. Do not use it during pregnancy or while breastfeeding.

Pregnancy/Nursing: It has been suggested that cardiac glycosides in lemongrass may be harmful to pregnant women, but there is insufficient evidence for this claim. However, consumers of lemongrass should consult their doctor before use.

LICORICE

DESCRIPTION:
Licorice is a plant that has many medicinal properties. The root of the licorice plant is used to treat inflammation, sore throats, coughs, and digestive issues such as ulcers. Licorice can also be mixed with honey for cough relief.

USES:
Licorice taken orally treats sore throats and coughs. Licorice can also treat digestive issues such as ulcers.

BENEFITS:
Licorice root can be used to treat inflammation, which is especially helpful for arthritis.

ORIGIN:
Licorice root originates from parts of Asia and Europe.

SIDE EFFECTS:
Do not use licorice if you have heart disease or high blood pressure. Licorice can also cause fluid retention in the body and may interfere with medications that you are taking to treat heart conditions or high blood pressure.

INTERACTIONS:
Licorice should not be taken with medications for heart conditions or blood pressure. Licorice can also interfere with drugs meant to treat diabetes.

DOSAGE:
Follow dosage instructions on product packaging.

CAUTION:
Use only licorice root to make tea. Don't use licorice candy! Licorice's side effects include a decrease in potassium, water retention, and high blood pressure. Do not consume licorice if you have high blood pressure.

MAKRUT LIME

DESCRIPTION:
The makrut lime, also known as the kaffir lime or Thai lime, is tropical citrus that grows in the south of India. Their skin is widely used in Asian cuisine. The fruit itself can be used to make juice, while its leaves are full of essential oils and are often dried for later use.

USES:
The dried leaves are used for making tea. The essential oils in the leaves are what makes this tea so powerful, fighting bacteria and clearing up congestion.

BENEFITS:
This tea soothes and heals the throat, due to its strong antibacterial effects. The added benefit of this tea is that it also cures bronchitis and fever, so it's a good idea to keep some at home in case you ever come down with a cold or if someone else does!

ORIGIN:
Southeast Asia, India

PREPARATION:
To make the tea, boil a quart of water and add 4-5 tablespoons of dried makrut lime leaves. Leave to simmer for 10 minutes before straining and then drinking.

If you have an authentic makrut lime, then it is possible to juice the fruit directly into a drink. This can be drink simply as it is or mixed with your favorite tea for extra flavor!

SIDE EFFECTS:
This tea can cause heartburn in some people, so it's advised to avoid drinking it after eating. However, if you have diabetes or are pregnant, then you should consult your doctor before trying this drink as the citric acid could affect you.

INTERACTIONS:
Makrut lime tea can interact with some medications. If you are currently taking any medication then make sure to check for interactions before trying this drink.

It is also advised not to drink this tea if you suffer from heartburn, as it can exacerbate the problem. However, if you have diabetes or are pregnant then make sure to double-check with your doctor as the citric acid could affect you.

DOSAGE:
You should take about a cup of this tea three times daily to reap its benefits.

CAUTION:
If you have heartburn then it is advised not to drink this tea, as it can exacerbate the problem. However, if you have diabetes or are pregnant then make sure to double-check with your doctor as the citric acid could affect you.

MINT

DESCRIPTION:

The common name, mint, is a very popular household herb. It has been used for centuries in various cultures and countries around the world for its aromatic scent and incredible ability to soothe gastrointestinal discomfort. Mint even became one of the 10th century's most valued trade commodities between Eastern Asia and Europe!

This plant grows up to 30 inches tall with bright green, roughly textured leaves. The smell of mint is strong and cooling to the taste buds as well as the olfactory system.

There are many different types of mint including spearmint, peppermint, apple mint, curly mint, etc., but they all have similar medicinal properties. Mint is a very versatile herb that can be used as a poultice, steam, tincture, and infusion. As an infusion, mint may be used to treat chronic fatigue syndrome (CFS) or loss of appetite.

USES:

Mint is an extremely popular herb that is used for many different reasons. It is most often associated with digestive problems, but its uses are actually much more versatile than this! Mint has been used as a painkiller, decongestant, astringent, antidepressant/anti-anxiety, anti-inflammatory, and antioxidant.

Mint has a calming effect on the stomach which enhances the rate at which food is digested. As a stress reliever, mint can help to reduce stress-related problems such as ulcers, anxiety, irritability, etc. Mint is also very effective in treating common headaches as well as nausea! In fact, mint has even been found to stimulate appetite (which may help those struggling with obesity).

BENEFITS:

- Anti-inflammatory
- Mild painkiller
- Antioxidant
- Decongestant
- Improves digestion

ORIGIN:
Mint is a native herb of Eastern Europe and Western Asia that has been grown since ancient times.

SIDE EFFECTS:
Irritation in the digestive system (although this is remedied by avoiding prolonged use), heartburn, nausea, vomiting, and diarrhea.

INTERACTIONS:
Mint can have adverse interactions with certain medications such as blood thinners, diuretics, and certain antidepressants.

Dosage: As an infusion, take 1-2 teaspoons of mint leaves per cup of boiling water. Steep for 10 minutes and drink 3 cups daily to help with digestive disorders. For headaches, neck pain, or nausea, boil 2 tablespoons of mint leaves in 1 quart of water for 5 minutes. Drink warm as a tea 3-4 times per day, or strain and use the liquid as a compress on the forehead.

For an infusion with mint to help treat anxiety or depression, add 2 tablespoons of mint leaves to a pot containing 1 quart of boiling water. Let steep for 10 minutes, strain the plant parts out of the water, and drink 3 cups daily.

As a poultice or compress, mint leaves can help with headaches by placing crushed fresh mint leaves on the forehead. For toothaches, place crushed fresh mint leaves in your mouth against the affected tooth until it is numb.

For sinus pain, boil 2 tablespoons of mint leaves in 1-quart water for 5 minutes. Strain the plant parts out of the liquid and let cool to room temperature. Pour the liquid into a bowl or basin, dip cloth strips into it, and tie it around your face so that they cover your nose and mouth. Let sit for 10-20 minutes.

For nausea, place mint leaves in a tall cup and pour boiling water over them. Let steep for 10 minutes and drink 3 cups daily while symptoms persist.

Caution: Pregnant and breastfeeding women should avoid mint unless they are using it to treat an upset stomach or similar health issue. Mint may also affect blood sugar levels, so it is not advisable for diabetics unless they consult with their doctor first.

OREGANO

DESCRIPTION:

A perennial herb that's native to parts of Asia and the Mediterranean, oregano is a member of the mint family. It has green leaves and purple flowers and grows best in areas with full sun exposure.

Used both fresh and dried, oregano is an excellent source of vitamins A, C, K, iron, calcium, and many of the B vitamins.

Oregano makes an excellent addition to meat dishes and is also used in salad dressings and marinades. It has a spicy, pungent flavor that complements beef, lamb, poultry, and fish dishes.

USES:

Oregano is most commonly known for its antioxidant effects. It's also effective at killing germs, viruses, and bacteria that may cause disease in the body.

Dried oregano is a popular spice in cooking. You can use it to season soups, stews, pasta dishes, and sauces or garnish your favorite veggies with it.

BENEFITS:

Oregano can also help you maintain good overall health. It's packed with vitamins and antioxidants that are important for staying healthy, so it makes a great addition to your daily diet.

Oregano may have the following benefits:

Antioxidant effects

Stimulate immune system function

Kills germs, viruses, and bacteria

ORIGIN:
Mediterranean, Central America

OTHER NAMES:
Common oregano, Mexican mint marigold, wild marjoram, the joy of the mountains

SIDE EFFECTS:
Oregano is considered safe for most people. But it can interfere with certain medications, so talk to your doctor or pharmacist before using oregano supplements.

INTERACTIONS:
May interact with aspirin, blood pressure medications, and diabetes drugs.

HOW TO USE:
Oregano makes a great addition to your favorite dishes. Add crushed oregano leaves or freshly chopped oregano leaves to salads, soups, stews, pasta dishes, pizza, eggs, poultry, meat dishes, sauces, and marinades for extra flavor.

Dosage: For antioxidant effects, oregano is best taken in supplement form. You can take 200 milligrams of dried oregano daily for up to six months.

For killing germs and bacteria: Oregano oil and ointments may be used topically in a diluted form to treat skin infections.

Caution: Oregano may also trigger an allergic reaction in people who are sensitive to the Asteraceae/Compositae family. If you have allergies, talk to your doctor before using this herb. May interact with aspirin, blood pressure medications, and diabetes drugs. Use caution when driving or operating heavy machinery. Avoid if pregnant or breastfeeding.

RUE (RUTA GRAVEOLENS)

DESCRIPTION:
Rue is a flowering plant that has many medicinal uses. The leaves have been used in herbal medicine for hundreds of years, both to prevent and treat disease. It has been traditionally used to promote good health, to treat stomach complaints, headaches, skin problems, respiratory issues, infections, parasites, and snake bites.

USES:

In the 1800s, rue was used to treat tuberculosis. In modern herbal medicine, it is known as a bitter digestive aid and is used to improve appetite, relieve nausea and vomiting, and promote good digestion. It has also been traditionally used topically on poison ivy or insect bites.

BENEFITS:

Studies have shown that rue has significant antitumor properties, particularly against leukemia.

ORIGIN:

Rue is traditionally cultivated in Mediterranean areas and has naturalized across Europe, North America, and much of Asia.

SIDE EFFECTS:

Rue can cause skin irritation, and is generally considered unsafe for pregnant women due to its uterine stimulant activity. It should be avoided by people with kidney disease or an enlarged prostate gland.

INTERACTIONS:

Rue can interact with medications like drugs for diabetes, high blood pressure, or heart disease.

DOSAGE:

Rue is most often taken in the form of an infusion (a tea made from steeping the leaves of the herb in boiling water). Take one to two cups per day for digestive problems, or apply topically on poison ivy or insect stings.

CAUTION:

Rue is not safe for pregnant women.

SAFFRON

DESCRIPTION:

Saffron is a spice derived from the flower of Crocus sativus, commonly known as "saffron crocus". Saffron crocus grows to 20–30 cm and bears up to four flowers, each with three vivid crimson stigmas, which are the distal ends of the plant's carpels. Together with their style, the crimson threads (stigmata) are the most important parts of the flower. These stigmas must be picked by hand and dried to become what we know as saffron.

USES:

Saffron has many uses in herbal medicine, including as an antidepressant. It is also used to treat menstrual problems and relieve the symptoms of menopause.

BENEFITS:

Saffron has been used for centuries to treat a number of conditions. Some people have taken saffron as a natural remedy for depression, while others have used it to improve mood and relieve mental fatigue. A few studies have even suggested that saffron may be helpful in the treatment of Alzheimer's disease.

Saffron is also used to treat diarrhea since it slows the movement of the digestive tract and acts as a mild sedative. Some people use saffron to improve digestion and appetite, while others take it to treat irritable bowel syndrome.

ORIGIN:

Saffron is native to Southwest Asia, particularly Iran, India, and Spain.

SIDE EFFECTS:

There are few side effects associated with the use of saffron except occasional allergic reactions. Consult your doctor or health care provider before using saffron in large amounts for medicinal purposes.

INTERACTIONS:

None, but it should be used cautiously with other antidepressants.

DOSAGE:
The recommended dosage of saffron for medicinal purposes is between 30mg and 1,200mg per day.

CAUTIONS:
Side effects are rare, but can include indigestion or skin irritation. Also, women who are pregnant or breastfeeding should stay away from saffron because there have been no studies done to prove its safety in these situations.

SAGE

DESCRIPTION:
Salvia Officinalis reach, known as common sage, garden sage, or culinary sage to distinguish it from other types of sage, is a perennial shrub with woody stems. It is an herbaceous plant that can three feet or more in height. Its leaves are made up of several pairs of oval-shaped leaflets with toothed margins. The flowers have a calyx with long, protruding lavender or violet lobes and hairy throats. Sage has a strong, aromatic flavor that comes from its essential oils.

USES:
Sage has been used for centuries to improve memory, treat wounds, and relieve muscle spasms.

BENEFITS:
Some studies have shown that sage can help improve brain function in people with Alzheimer's disease. It may also be able to reduce the number of hot flashes associated with menopause.

Sage is most often used in cooking, particularly in meat dishes, sauces, dressings, and stuffings. In Ayurvedic treatments, sage is used as a blood tonic

and to treat digestive problems including colic.

ORIGIN:
Sage is native to the Mediterranean region and southern Europe, but now grows throughout the world as an introduced species.

SIDE EFFECTS:
None

INTERACTIONS:
None

DOSAGE:
For general health, the recommended dosage of sage is 1.5 to 3 g a day in divided doses. To improve memory, a dose of 300 mg taken three times daily has been used. To treat Alzheimer's disease or menopausal hot flashes, a dose of 400 mg twice daily has been used for eight weeks.

CAUTION:
Sage can cause an allergic reaction in people who are sensitive to the Asteraceae/Compositae family.

SPEARMINT

DESCRIPTION:
An herbaceous perennial that is sometimes used as a flavoring agent. Spearmint is a member of the Lamiaceae family, and has a characteristic strong, fresh minty aroma. The word spearmint derives from an obsolete English word spiremint which means "a plant growing in a clump or tuft.

USES:
As an herb, Spearmint is usually consumed in the form of tea. The leaves are edible and have a mild, minty flavor which makes them useful in salads to add a refreshing touch. However, because Spearmint has such a distinctive flavor it

might be worth considering whether this is what you want your salad tasting like before adding it in.

Spearmint is a well-known remedy for indigestion and flatulence, and because many of the compounds found in Spearmint have antimicrobial properties it can also be helpful when dealing with urinary tract infections. It may even reduce inflammation when applied topically to the skin. In addition, Spearmint has been shown to be a powerful antioxidant and studies have suggested consumption of the herb may help prevent some forms of cancer.

Making Spearmint Tea: The simplest way to make Spearmint tea is probably to put a few sprigs in boiled water, leave it for five minutes, then strain out the leaves before enjoying your refreshing drink. However, Spearmint can also be consumed as a tincture, combined with vinegar to produce 'Mint Vinegar,' or made into an essential oil that can be applied topically or used in aromatherapy.

BENEFITS:

Spearmint contains high levels of volatile oils, making it helpful for treating respiratory conditions such as bronchitis, asthma, and whooping cough. The high concentrations of calcium in Spearmint also make it useful in dealing with digestive problems, while the potassium found in this herb may help prevent cardiovascular disease.

ORIGIN:

Spearmint is native to Europe and Asia Minor but is naturalized in North America.

SIDE EFFECTS:

Spearmint acts as a mild form of stimulant, and should be avoided by people with heart disease. In addition, Spearmint can cause an upset stomach if taken in large doses or for extended periods of time, although the tea is still safe to drink at home.

INTERACTIONS:

Anticoagulant medication, including Warfarin. Should not be consumed by children or pregnant women without medical supervision due to its ability to stimulate menstruation.

DOSAGE:

For medicinal purposes, a cup of Spearmint tea should be drunk two to three times per day.

CAUTION:
As with most herbal remedies, seek advice from your doctor before taking Spearmint if you are pregnant or have any pre-existing medical conditions.

TURMERIC

DESCRIPTION:
Turmeric (Curcuma longa) is a plant that grows in tropical and subtropical climates, and can also be found as an ingredient in certain foods (such as curries). It is the main component of curcumin, which has been shown to have antioxidant and anti-inflammatory effects.

USES:
Turmeric has been shown to reduce symptoms of depression. A recent study showed that curcumin was as effective as Prozac in the treatment of the major depressive disorder (MDD).

Another study found that turmeric extract had antidepressant effects comparable to those produced by some conventional antidepressants (fluoxetine, desipramine) and psychotherapy.

BENEFITS:
May prevent some neurodegenerative diseases. Turmeric has been found to increase neural stem cell proliferation and differentiation, helping to protect the brain from damage.

It May help with arthritis. A new study shows that turmeric extract may be helpful for those with rheumatoid arthritis (RA).

May also have antibacterial effects. One study showed that turmeric extract inhibited the growth of certain gram-negative bacteria.

ORIGIN:
India

SIDE EFFECTS:

In the studies where curcumin was used to treat depression, no adverse side effects were reported. However, some rare cases of skin reactions have been documented. Theoretically, there may be a risk of interactions with a number of drugs (such as blood-thinning medications). It is advised that turmeric should not be combined with blood-thinning medicines like ibuprofen and aspirin.

INTERACTIONS:

Drugs that are blood thinners (such as ibuprofen or aspirin) should not be combined with turmeric.

DOSAGE:

Depression: 500mg of curcumin extract, 3 times daily for 8 weeks

Rheumatoid arthritis: 1g of turmeric extract, twice a day for a period of 3 months (it is not advised to continue for longer than 3 months)

CAUTION:

Pregnant and lactating women should avoid taking curcumin supplements, as they may induce uterine contractions. People who have gallstones or those that are prone to them should also avoid turmeric, as it may worsen symptoms. Those with bile duct obstruction or blockage should also not take turmeric supplements.

WASABI

DESCRIPTION:

Wasabi, also known as Japanese horseradish, is a root that grows in a cold mountain stream. The plant was developed in Japan over 1000 years ago, primarily for medicinal purposes.

USES:

Wasabi has been used historically to treat respiratory issues such as coughs and chest pain. It has also been used to help soothe digestive system problems

such as motion sickness, diarrhea, and upset stomach.

As recently as 2014 this root has been investigated for its anti-cancer properties.

BENEFITS:
Contains the cancer-fighting compound, 4'-methyl-sulfinyl butyl isothiocyanate.

ORIGIN:
Wasabi is native to Japan and has been cultivated in horseradish gardens there for many centuries.

PREPARATION:
Fresh wasabi can be grated on a Microplane or with a sharkskin grater. If you do not have access to fresh wasabi, substitute dry horseradish powder.

SIDE EFFECTS:
No side effects have been reported when using wasabi in food amounts, but care should be taken to avoid using too much of this root or taking it daily for more than 8 weeks. Women who are pregnant or breastfeeding are advised not to use wasabi. Wasabia japonica is generally seen as safe for use in most adults, but there is limited information about using wasabi during pregnancy and so it should be avoided.

INTERACTIONS:
No interactions have been reported.

DOSAGE:
Crushed wasabi can be taken in small amounts daily, usually included in meals or by itself. To avoid allergic reactions, it is recommended that users first consult with a healthcare professional before trying wasabi.

CAUTION:
Wasabi should not be consumed if you are on an anticoagulant (blood thinner) such as warfarin; this could lead to bleeding problems.

WORMWOOD

DESCRIPTION:
Wormwood, also known as Artemisia absinthium, is a plant with distinctive aromatic leaves that have been used for centuries to add flavor and color to wines and some other alcoholic beverages. A native of temperate regions in

Europe and Asia, wormwood is also one of the herbs called mugwort (another name for it) that's sometimes used as a medicinal herb.

Wormwood contains a chemical called thujone, which can be poisonous in high concentrations and thus has been used as an ingredient in "absinthe," a green-colored spirit that was popular in Europe during the 1800s but is now banned in many countries because it's considered unsafe. However, wormwood also has some medicinal uses, such as relieving digestive problems.

USES:

Although wormwood is used for treating respiratory problems, digestive issues, and wounds, it's most commonly used for treating parasitic intestinal worms. Wormwood contains thujone and other chemicals that trigger a reaction in the animal world similar to what happens when some types of venomous snakes bite their prey: The victim contracts involuntarily; its muscles spasm; and it chokes, making it easy for the attacking snake to swallow his prey. In other words, wormwood is a natural vermifuge (worm killer).

BENEFITS:

Treating digestive problems such as loss of appetite, bloating, stomach cramps, and nausea Preventing gallstones Lowering high cholesterol levels Relieving muscle spasms

ORIGIN:

Although wormwood grows naturally in temperate regions around the world, it's native to Eurasia.

SIDE EFFECTS:

Other mugwort species contain some of the same chemicals that can cause a skin reaction in some people who come into contact with them. If you're allergic to ragweed or related plants, you may also react badly to mugwort. In addition, wormwood can cause seizures in some people.

PREPARATION:

Wormwood can be ingested as tea or crushed and placed directly on the skin as a poultice or compress. It can also be taken in capsule form.

INTERACTIONS:

Because wormwood can trigger a seizure in people who have epilepsy, it should not be used by pregnant women.

DOSAGE:

Adults - 40 milligrams of the dried herb three times daily.

For an infusion, pour one cup boiling water over 1 teaspoon dried wormwood leaves and steep for 15 minutes. Strain the mixture before drinking it.

Children - Not recommended.

CAUTION:

Women who are pregnant or breastfeeding should not use wormwood.

ZEDOARY

DESCRIPTION:

Zedoary is a warm, aromatic spice. The plant's tuberous root is the source of the popular Indian curry ingredient, curcumin.

Famous in Ayurvedic cooking for its ability to clear toxins from the liver, zedoary has been used in traditional medicine to dissolve gallstones and reduce gas. Curcuma zedoaria: Also known as white turmeric and kalajeera

USES:

Good for treating cramps and spasms, fever, and inflammation. Zedoary may also be used to relieve gas and promote menstruation, resolve phlegm congestion (expectorant), and as an antibacterial/antifungal natural remedy.

BENEFITS:

White turmeric increases bile production, assists in digesting proteins and fats, alleviates pain, eases cramps, breaks down toxins in the liver, stimulates

menstruation & uterine contractions.

HERBAL PREPARATION:

Zedoary is best prepared as a simple or compound decoction with ghee (clarified butter). Compound zedoary tea can also be made by boiling the entire root in water and adding a bit of lemon juice. For smoking, cut or shred the root into small pieces and mix with cannabis or tobacco to ease cramps, reduce inflammation, and calm the nerves.

ORIGIN:

India

SIDE EFFECTS:

Excessive use of zedoary may lead to hypothyroidism, hormonal imbalances, and excessive menstrual bleeding.

INTERACTIONS:

Zedoary should not be used by those with gallstones or a history of stomach ulcers. Excess dosage may lead to gastritis and loss of appetite. In higher doses, it has been known to induce hallucinations.

DOSAGE:

You can make zedoary tea by cutting up the root and boiling it. It is also available as a capsule or tincture.

A typical dose of dried Zedoary root (or as tea) is about 1-2 grams (1/4 – 1/2 teaspoon). The usual dose for dried roots is 3-6 grams (1/8 – 1/4 cup).

A typical dose of liquid extract is about 0.5-2 ml (1/4 – 1 teaspoon or 5-10 drops).

For tincture, the common doses are 0.5-5ml (1-15 drops).

CAUTION:

Do not use zedoary if pregnant or breastfeeding. The stems, leaves, root bark, and fruit of the plant may cause miscarriages. Also, avoid using zedoary if you have a fever or peptic ulcer disease. May make diabetes worse.

Taking zedoary is likely safe if you are taking blood thinners, but talk to your doctor before using this herbal medicine.

Studies suggest that taking white turmeric daily for 4 weeks may reduce cholesterol levels by up to 18%. It also seems to increase antioxidant activity in the body, which helps prevent cell damage caused by free radicals.

CHAPTER 7

BEST ANTIBIOTIC HERBS AND THEIR USES

In this chapter, we will discuss some of the best antibiotic herbs and their uses.

Here are the top herbal antibiotics for any situation!

ANISE

Anise seeds come from the Anisum plant. The herb is commonly used in Greek and Italian food, but its additional benefits make it a worthwhile ingredient for herbal remedies. One of the primary ingredients in anise is etheric oil, which creates an aroma that has been used to promote mental stimulation, increase appetites, or provide relief from issues such as gas and nausea. In addition to the aroma, anise is known for its ability to ease digestive problems, especially those related to excessive gas. These properties are what make this herb a good one to use when trying to induce labor in pregnant women who have passed their due date.

Anise seeds can be used in teas, flavored water, or taken directly. The taste of anise is similar to licorice, so it can also be added to other teas for flavor.

ANGELICA

Angelica Sinensis (Dong Quai)

It comes from conifers and thus has a wood-like scent; in traditional Chinese medicine, it is said to be warming and promote yang in the body. It's even thought to be an aphrodisiac: in Korea, Dong Quai is used in ginseng drinks that are sold in red and black versions, the red being the stronger of the two.

It is used for arthritis and rheumatism, irregular periods, painful menstruation, postpartum care (after birth), tuberculosis, and malaria. Also used to dissolve blood clots and reduce high blood pressure and cholesterol. Said to help cure cancer but there is no clinical proof.

Dong Quai is taken as a tea, tincture, or put into capsules. It may be found in tablet form at health food stores.

BALM

Grows on a bush with bright red flowers that is similar to lavender.

It has been used since the earliest of times for many purposes. It can be applied topically without any danger and taken by mouth in extremely small quantities. The only substantiated effect it has had on people so far is its

harmlessness, but it may have a positive effect on the respiratory system, and it is believed to have an estrogen-like property in addition to its antibiotic effects.

Balm may be found growing wild and was once a common ingredient in household remedies. It has an extremely strong smell, but its taste is pleasant and similar to chamomile or rosemary. It can be applied topically as a cream or ointment and taken by mouth as a tincture.

The balm has been proven to have zero negative effects on the body, meaning it is completely safe to take internally and externally. It may possibly aid in respiratory health by loosening phlegm, and it might contain natural estrogen that can be used to temper the effects of menopause. It has a strong odor but tastes pleasant like chamomile or rosemary.

Balm (Melissa Officinalis) is found growing wild and was once a common ingredient in household remedies. It is completely safe to apply topically as a cream or ointment, and take by mouth as a tincture. It has zero negative effects on the body, and may possibly aid in respiratory health by loosening phlegm.

BASIL SEEDS

Basil seeds are another popular herb that has been used for centuries for their health benefits. Basil seeds are known for having a cooling effect on the body and can be consumed by themselves or in teas. The seeds themselves are not the seeds found in the basil plant but come from a different variety of plants. In Ayurveda medicine, these seeds have been known to help with issues such as poor digestion, nausea, vomiting, intestinal gas, bloating, and loss of appetite. The seeds can also be used to help calm a full and overactive bladder. The seeds attract water, which helps increase the amount of urine that is produced and cleans out toxins from the body.

In addition to their cleansing abilities, basil seeds have been known for their ability to regulate blood pressure levels in people with hypertension or hypotension. Some doctors have even prescribed basil seeds to diabetic patients for this purpose. Basil seeds are also known to help reduce cholesterol levels, which can be beneficial for heart health.

Doctors recommend taking 2-3 grams of the seeds on a daily basis to receive their benefits.

BORAGE

Borage is a great herb to have in your garden. It looks very pretty, tastes good, and has many medicinal uses. Borage contains cucurbitacins which can have anti-cancer properties, minerals like magnesium, potassium, manganese, vitamin C, and is a good source of calcium. Borage also has antioxidant properties and is good for soothing the skin.

Borage can be used in herbal tea, or as an oil to consume. To make borage tea, add one tablespoon of fresh leaves or two tablespoons of dried leaves to a cup of boiling water. You can drink up to three cups a day. The seed oil can also be used in the same way as olive or almond oil when cooking or baking or served raw from the spoon. It is important to go easy on using borage oil, though, because it can cause diarrhea if too much is consumed for a period of time.

Borage has a mild sedative effect, which can help induce sleep if taken before bed. It is also wonderful for the skin and has anti-inflammatory properties, so it is good for soothing irritated or inflamed skin. You can use borage fresh or

dried in soups, salads, casseroles, stir-fries, pasta dishes, potatoes, curries, bread, and as a garnish.

Borage can be found growing wild in the United States.

BURDOCK

Burdock is a tiny thorny plant that lives year-round in woods, meadows, and along roads. It can be found throughout North America and Europe. The leaves, roots, flowers, and seeds of the burdock plant are all edible and medicinal. In fact, its Latin name Arctium lappa means "burdock that takes away illnesses."

To harvest burdock, pull up the entire plant by the roots. Shake off dirt and let plants dry in an area with good airflow. When plants are completely dry, store them in paper bags or hang them upside down in a cool dark place until ready to use. You can also freeze burdock for future use.

Burdock root is a blood purifier and a diuretic that can help you detoxify from the inside out. It also helps to relieve water retention, often resulting from liver disease or congested lymphatic glands. Burdock strengthens your digestive system, stimulates your metabolism, and relieves constipation due to its gentle laxative action.

Burdock root is anti-inflammatory, antioxidant, antiseptic, nutrient-dense, and cleansing. It's excellent for the skin because it stimulates blood flow to the surface of your skin. Burdock can be used in external washes for acne-prone skin or rashes caused by eczema.

Burdock is a bitter herb that stimulates the secretion of bile and pancreatic enzymes, which can help to improve your digestion if you have problems such as irritable bowel syndrome.

CALENDULA

The Latin name for this herb is "Calendula Officinalis". The flowers and the oil from them are used to heal skin infections, reduce inflammation, and as a local anesthetic. Calendula has been shown to be effective in treating acne as well as other skin conditions such as psoriasis. However, it has also been used to treat eczema, diaper rash, staph infections, and wounds. One study showed that it was more effective at treating acne than benzoyl peroxide, a common topical treatment for acne.

Calendula is used in herbal remedies for the digestive system as well. It has been traditionally used to treat ulcers by protecting the stomach lining and reducing stomach acid. Calendula has also been used to treat heartburn, upset stomach, intestinal gas, Crohn's disease, irritable bowel syndrome (IBS), diarrhea, and bacterial infections of the intestines. In addition to digestive problems, it has been used to treat ear infections as well as sore throats. It can also be applied topically to reduce swelling and soreness from skin damage.

Calendula is used in several herbal remedies for the female reproductive system, including menstrual cramps, PMS, heavy menstruation, and vaginal yeast infections. In a study of women who had experienced at least two episodes of yeast infections in the last year, it was shown that orally taken calendula significantly reduced the number of infections in women who had experienced two or more infections in the last year. One study found that it was just as effective at treating vaginal yeast infections like fluconazole, a common antifungal medication for vaginal yeast infections.

Calendula has been used to treat the respiratory system. It has been traditionally used to reduce coughs and ease respiratory distress. A study found that it was effective at soothing acute bronchitis in adults and children, though this usage is not yet supported by well-designed clinical studies.

Calendula can help treat skin conditions such as acne and psoriasis since it protects the skin from inflammation.

ECHINACEA

Echinacea is a popular plant used to help fight the common cold. It works by stimulating the immune system. There are three main types of Echinacea: pallida, angustifolia and purpurea.

Pallida has yellow flowers and narrow leaves. It is used to help fight infections such as the flu and urinary tract infections. It also contains flavonoids which can help soothe irritated tissues of the respiratory system and reduce inflammation.

Angustifolia has purplish or bluish flowers and narrow leaves. It is used to help fight infections such as the cold, flu, sore throat, asthma, and bronchitis.

Purpurea has violet flowers and broad leaves. It is used to help fight infections such as urinary tract infections, prostate inflammation, and yeast infections in the mouth.

Echinacea is safe to take every day in the recommended dosage, but it shouldn't be taken for more than two weeks at a time because your body will become immune to its effects. It should not be used if you are pregnant or breastfeeding.

GOLDENSEAL

Goldenseal has been used for a range of different health issues and is especially known as a remedy for the common cold and upper respiratory infections. It is also an astringent and can be used to treat diarrhea.

The plant should be harvested in the autumn when it flowers, at which point its roots should be dug up and dried.

Goldenseal can be used in a number of different forms, including herbal extracts and pills; however, the most common form is an infusion (tea). The plant should not be ingested while it is flowering.

GARLIC

For centuries, garlic has been used for medicinal purposes. There are many different types of garlic, including elephant garlic and purple stripe garlic. Garlic is used to cure a common cold, boost the immune system, lower cholesterol levels, fight cancer cells (on its own or in combination with carrot juice), treat bronchitis, relieve toothaches, and speed up the healing process for wounds.

It has even been used to treat female infertility.

Garlic may help reduce blood pressure and prevent heart disease. It can also help treat chronic fatigue syndrome, prevent stomach ulcers, and protect the liver from damage.

Garlic supplements might be helpful in diabetes management.

Garlic can be applied directly to the skin to treat athlete's foot, ringworm, and psoriasis. Because it is an antimicrobial herb, garlic might also prevent fungal

infections.

The strong odor of garlic makes topical application unpleasant; if you decide to try this remedy make sure you avoid getting undiluted garlic juice in your eyes, nose, or mouth.

Garlic may not be safe to take if you are on blood-thinning medications such as Warfarin (Coumadin). Garlic increases the function of platelets and its the potential to increase the risk of bleeding.

Some people report that taking garlic can cause bad breath or body or breath odor.

Garlic can interact with many medications, including diuretics, heart medications, antihistamines, insulin, blood thinners, and birth control pills. Check with your doctor before taking garlic supplements if you are on any medications.

If taken in high doses for prolonged periods of time (more than six months) garlic might cause side effects including anemia, liver damage, and muscular weakness.

CHAPTER 8

BEST COLD AND FLU HERBS AND THEIR USES

In this chapter, you will learn about the many different types of cold and flu treatment options. We will discuss herbal medicine and home remedies that can help your immune system fight off the common cold or other forms of upper respiratory infection.

ALFALFA

A common plant that is often used in herbal medicine. The leaves are dried and then crushed into powder to be mixed with liquids while the root is simmered in water for use as tea. Alfalfa contains vitamins A, B-complex, C, D, iron, magnesium potassium phosphorus calcium sodium selenium, and zinc. It also contains flavonoid rutin. Alfalfa is high in chlorophyll, which is believed to be healing and cleansing for the body. It also contains amino acids, alkaloids, proteins, sugars, vitamin K and saponins. These mixtures of chemical compounds make alfalfa a potent medicinal plant.

It is used for many conditions such as anemia, asthma, hay fever, headache, heart problems (including high blood pressure), stomach and intestinal ulcers, cancer prevention, and treatment; can be used to improve liver function and as a tonic. Alfalfa is also used as a stimulant to increase energy, appetite, and strength; as a diuretic, and for gout.

Alfalfa should only be used under the supervision of a health care provider. It can cause allergic reactions in those who are sensitive to it and may result in symptoms such as nausea and vomiting if taken in high doses. It is also not recommended if you have any disorder of the kidneys or bladder or if you are pregnant.

BASIL

Basil is an herb that has been used for culinary and medicinal purposes since ancient times. The word basil comes from the Greek "basileus," or "king," due to its status as a valued herb. Basil originated in Asia, but it has become a common ingredient throughout the world today. In addition to its delicious taste, basil is believed to have a variety of health benefits that include soothing headaches and reducing body odor. It has been used as an herbal medicine for centuries in many different cultures.

In Ancient Greece, basil was thought to ward off both drunkenness and nightmares, leading some people to place sprigs of the herb under their pillows at night. In ancient times, basil was also used in love potions to attract romantic interests and repel evil spirits.

Today, basil is commonly used in cuisines around the world. It may be included in stir-fry dishes or added to sauces for an extra kick of flavor. It is sometimes described as having a sweet, peppery flavor. Outside of the kitchen, basil is used as an essential oil to soothe headaches and reduce body odor.

Basil can be grown at home, but this herb prefers warm weather. It may only be grown outside in subtropical climates or during the summer months in more temperate locations. Basil should be planted in fertile, well-drained soil that receives plenty of sunlight. This herb prefers moist soil with a slightly acidic pH, ranging from 6 to 7.5, but it will thrive in almost any condition.

Basil is often used fresh for its culinary purposes, but the leaves may also be dried or frozen for future use. If growing basil at home, it may be helpful to know that this herb typically flowers every couple of months. Once the flowers appear, they should be removed from the plant to prevent them from making the leaves bitter.

ELDERBERRY

Elderberry's anti-viral and anti-bacterial properties make it a perfect tool to fight off the flu (influenza) as well as colds. Elderberry has been proven effective in preventing pneumonia, influenza, and is currently being studied for its ability to combat other viruses such as SARS and HIV/AIDS. It is also used to treat chronic fatigue and Parkinson's disease.

Herbalists use the berries of Sambucus nigra (elderberry), a deciduous shrub that grows up to 15 feet tall and has glossy, dark green leaves and white flowers. The ripe black fruit contains 16-19 hard brown seeds. It is native to Europe and Asia but is now found throughout North America.

Elderberry can be made into a syrup or a jelly, but more commonly it is made into an extract that can be dried and stored for future use. Dried elderberries have been shown to have many of the same benefits as fresh berries with some additional advantages. For example, fresh elderberries are only available for a short period of time in the late summer whereas dried berries can be stored throughout the year.

Elderberry extract should not be confused with "elderberry juice." Elderberry extract is made by boiling ripe elderberries in water to extract the valuable phytochemicals in the plant and then evaporating off the water to leave a concentrated extract. "Elderberry juice" is simply the juice of the berries and has none of the benefits associated with elderberries as herbal medicine because it contains none of these phytochemicals.

The recommended dosage for elderberry extract as an immune stimulant is as follows: 1/2 teaspoon of the extract three times a day for adults and one teaspoon twice a day for children. As an antiviral agent, the dosage is 1/4 teaspoon four times a day for adults, and one-eighth teaspoon twice a day for children.

FENUGREEK

There is a compound in fenugreek that stimulates mucus and fluid production, so it can help with colds and coughs. It also has phytonutrients that aid the liver's detoxification processes and helps reduce inflammation to relieve pain.

Fenugreek is also known as methi, so add "methi" to your fenugreek if you want to search for recipes that contain it.

Methi and turmeric, [also cold and flu related] one of the best combinations [in general].

Fenugreek has been shown to help lower blood pressure, cholesterol levels (including triglycerides), and glucose levels in people with diabetes.

Grind up fenugreek seeds (found at your local grocery or herb store), and put it in hot water like tea, for ease of consumption.

Add honey if you have a sore throat.

Fenugreek is safe to take while pregnant, but avoid high doses once the child has been born because it can cause breast enlargement in boys.

GARLIC

Garlic has many benefits for the body. It can help with colds and flues to clear mucus, it can help lower cholesterol levels, and it has even been shown to reduce tumors.

It is used externally as well as internally, to speed up the healing of wounds or sores that are draining bad-smelling liquid. It also helps slow the bleeding of small cuts.

Garlic is one of the most potent-tasting herbs and can be used fresh or dried. It should always be crushed before being eaten as a medicine.

GINGER

Ginger is a decongestant and expectorant that helps relieve aches and pains. It is thought to be thermogenic, which means it increases body temperature and speeds up metabolism. No wonder some people call ginger the universal remedy.

It has been consumed for thousands of years because of its medicinal properties. In fact, it was used in China as early as 400 BC to treat indigestion and other stomach problems. In the Middle Ages, ginger was given to sailors to avoid getting sick on long voyages because this herb is a powerful antioxidant that protects against free radicals.

HOLY BASIL

(Ocimum sanctum)

Holy basil is known as Tulsi in Hindi and Ayurveda. Holy basil has been used for thousands of years as a treatment for many ailments, including stress. Studies have been conducted to show that holy basil has anti-viral properties and can be a very effective treatment against the herpes virus. The anti-viral properties can also be used to treat herpes simplex I and II. Holy basil has

been shown to have antidepressant properties as well, relieving stress, calming nerves, and increasing mental clarity.

The leaves are the part of the tulsi plant that are used for medical purposes. The dosages are as follows:

Infusion: 1.5 teaspoons of dried leaves per cup of boiled water, steeped for 15 minutes, and then strained off. Drink 3 times a day.

Tincture: Take 1-2ml thrice daily (take 1ml of tincture 30 minutes before each meal).

Leaf powder: Add half to one teaspoon of the dried leaf powder to hot water or juice.

Side effects: Holy basil is very safe for most people, but can cause nausea in some individuals if taken in larger doses. Pregnant women should only use holy basil under the supervision of their health care provider.

LICORICE ROOT

Licorice root is a powerful anti-inflammatory herb. This makes it very useful for combating infections, including colds and flu. It also contains antioxidants that help the body combat free radicals which cause cellular damage.

There are two ways of taking Licorice root. You can either use the dried form or you can take an extract of it.

If you are using the dried root, then take around 9 grams of it for every 100 pounds that you weigh. Then you need to put it into 6 ounces of boiling water that has been previously boiled before. The best thing to do is let this steep for 5 minutes before straining out the herb and drinking it. If this is too bitter for you, then you can sweeten it with honey. Just remember to reduce the amount

of honey that you put into the water because otherwise it will be far too sugary and defeat the object!

- A cold and flu tea using licorice root:
- 3 parts licorice root
- 2 parts echinacea root (if you use the herb), else 1-part echinacea root
- 2 parts elderflower or 3 parts peppermint leaf
- 1 part ginger root (optional)

You combine all of these herbs together and then either make a cold and flu tea using 9 grams of the dried herb for every 100 pounds that you weigh. You need to put this in 6 ounces of water. Alternatively, you can make a nice strong cold and flu tea by taking 9 grams of the dried herb for every 100 pounds that you weigh. Then infuse it in 1 cup of boiling hot water for 5 minutes before straining it out and sweetening with honey.

If you are using an extract, then follow the instructions on the bottle. You can buy licorice extract very cheaply online.

OREGANO OIL

Oregano oil is one of the best things to bring relief after a cold or flu. The idea behind oregano oil is simple: it contains thymol, an antimicrobial that kills off all those nasty little germs that make us sick. When we feel something coming on, it's best to start taking oregano oil as soon as possible to stop the infection before it even starts!

Oregano oil is a good choice for both respiratory and gastric infections. It's best used in capsules or mixed with a carrier oil. It smells very strong, but the smell goes away pretty fast. As always, consult your doctor before taking any supplements.

Oregano oil can also be used as an additive to other essential oils if you need extra thymol.

Here's how to make oregano oil:

- Take around 20 drops of oregano oil with a carrier oil

- Take orally 3 times daily for at least 2 weeks. If you have an infection, take it for at least 4 weeks. If it's just a cold or flu, you can stop taking oregano oil after the symptoms disappear. There is no need to continue taking oregano oil once you are better.

POT MARIGOLD (CALENDULA)

Calendula is used for cold and flu symptoms and used as a mouthwash and for vaginal and rectal complaints. It is also useful against conjunctivitis and eczema in babies.

Calendula is rich in calcium, potassium, silica, carotenoids (including beta carotene), flavanols (including quercetin), and polyphenols.

Calendula is antiseptic, anti-inflammatory, and astringent. It also stimulates the production of collagen and has a diuretic effect on the skin's connective tissue. The plant saponins have a hormonal balancing effect that can treat hormone-sensitive cancers such as breast cancer.

The therapeutic components of calendula include azulene (an anti-inflammatory, antioxidant and antibacterial substance), alpha-bisabolol (flavonoid with anti-inflammatory properties), and essential oils.

Unlike pharmaceuticals, there are no known dangerous side effects to calendula use, and its safety is supported by a long history of traditional medicinal use.

Calendula (Pot Marigold) is probably the best herbal medicine for lightening skin naturally. That's because it contains dihydroxyacetone, which is safe to use

on skin and actually makes your skin appear tanner by changing the structure of the outer layer into something that reflects more sunlight (similar to what many commercial sunless tanners do).

THYME TULSI

You've probably heard of thyme before, it is a very common herb used in cooking. It is also known for its healing effects on the body. Tulsi, or holy basil, has been used in India for thousands of years as both food and medicine to help with respiratory issues such as asthma, coughs, colds, flu, and allergies.

Tulsi has been studied extensively in the lab and in animal models, both of which have shown strong evidence for its antioxidant properties as well as anti-inflammatory effects. A preclinical study conducted by Indian researchers found that an active component of Tulsi, ursolic acid, was able to protect rats from chemically induced cancer, as well as inhibit tumor growth.

In another animal study, researchers were able to show that Tulsi extract was able to reduce the number of tumors and increase survival times in mice with cancer. Both studies found anti-inflammatory properties and protective effects on DNA. However, there is still no clinical data on humans with cancer to validate these claims. Tulsi extract has also been studied in rodent models for its ability to reduce inflammation of joints and muscles resulting from arthritis.

In a nutshell, Tulsi is an antioxidant and anti-inflammatory, both of which are great for treating chronic ailments such as allergies or cancer. However, unlike other antioxidants that have shown evidence in clinical trials, the verdict still isn't out for Tulsi. The fact that it has been used in India for thousands of years is promising, but until there are further studies on humans, it should be taken with a grain of salt (or Basil).

CHAPTER 9

FIGHTING HERBS AND THEIR USES

In this chapter, you will be introduced to herbs that can fight infections, arthritis, and cancer. You will also learn about their properties and how to use them.

GOTU KOLA

Gotu kola is an herb used for its cooling properties to soothe skin, heal wounds and rashes, treat insect bites and stings, cure diarrhea, reduce fevers, promote blood circulation, slow the aging process of the skin by fighting wrinkles and stretch marks.

However, its greatest medicinal use may be in reversing cognitive decline. Studies have shown that Gotu kola extract is able to increase the rate of neuron generation in the hippocampus, a region in the brain associated with learning and memory in both animals and humans. In India where it's been used for centuries, herbal healers prescribe this herb for diseases such as arthritis, snake bites, and even leprosy. Gotu kola has also been used to help treat urinary tract conditions, digestive problems, and even asthma.

Gotu Kola is a creeping herb that is native to India and Southeast Asia. It grows in marshy areas and loves the shade. Today, it's most commonly found in various regions of Southern Europe where it thrives in moist and humid areas. It's also commonly found in India and Sri Lanka where it has been used for thousands of years to treat everything from anxiety to leprosy.

Gotu kola is a plant that can be eaten or applied topically and offers a wide range of health benefits. Its ability to increase the rate at which neuron generation happens in the brain can help to treat dementia and other cognitive dysfunctions. It may also be able to help reduce anxiety or depression, heal wounds more quickly and reduce inflammation caused by arthritis. Topical applications of Gotu kola are thought to speed up the healing process for scars and stretch marks while helping to fade wrinkles.

GOLDENSEAL

Goldenseal has many uses. It is an effective antimicrobial, antifungal, and antiviral. It boosts the immune system, helping to fight infection and disease anywhere in the body. Because it also stimulates bile production in the liver, goldenseal can help purify the blood of toxins and waste products.

Goldenseal is a powerful digestive detoxifier, helping to eliminate waste from the liver and lymphatic system as well as dilute and expel harmful bacteria from the intestines. Because of this effect, goldenseal can help relieve indigestion, peptic ulcers, diarrhea, dysentery, and other digestive problems.

Goldenseal is also an effective urinary antiseptic. It can be used to flush bacteria out of the bladder, kidneys, and ureter (the tube that carries urine from your kidney to your bladder). As such, it helps relieve urinary tract infections. Goldenseal can also help break up kidney stones and reduce the pain associated with their passing.

Goldenseal relieves inflammation, which is one of the primary causes of many chronic health problems. It can be used to relieve arthritis, bursitis, hay fever, hives, sinusitis, and other inflammatory conditions. It works by reducing histamine production in the whole body as well as counteracting histamine's harmful effects.

Goldenseal is a bitter herb, so it stimulates the flow of digestive juices. It also enhances appetite and relieves nausea because it stimulates the nerve center at the back of the throat that initiates vomiting. As such, goldenseal can be used to relieve food poisoning, morning sickness, motion sickness, and other causes of nausea. It is often combined with ginger and peppermint to do this.

Goldenseal can be used as a mouthwash or gargle to treat sore throats, gum disease (gingivitis), and other mouth and throat infections. As such it relieves tooth pain and swelling, gingivitis, and bad breath.

Goldenseal is also an effective topical treatment. It can be used to treat skin infections, rashes, cuts, scrapes, boils, abscesses, athlete's foot, insect bites and stings, warts, inflamed hemorrhoids, eye inflammations (including conjunctivitis), vaginal yeast infections, or mouth sores.

IRISH MOSS

(Chondrus crispus)

Description: Irish moss is an excellent source of carrageenan, which has become popular in the food industry as a thickener and emulsifier. It contains vitamins A, B1, B2, C, and E. As with most red algae it contains high levels of iodine. Clinical studies have shown that Irish moss can be used to safely and effectively treat respiratory allergies like asthma and hay fever, as well it is very effective at treating digestive disorders such as irritable bowel syndrome (IBS) and chronic constipation. It is also used for cystic fibrosis because it breaks up mucus in the lungs and loosens phlegm in the digestive system. Irish moss is also effective for heavy metal toxicity, allergies, and infections like bronchitis, asthma, and urinary tract infections (UTI).

Irish moss is most frequently taken in capsule form or as tea. To use it as a tea it needs to be soaked in water for at least 6 hours, after which you can simmer it for 30 minutes and strain. Then just add honey or lemon to taste. 1-2 cups a

day is recommended as a preventative measure, and 3-4 cups a day might be taken for painful digestive problems like IBS. Dosage: For allergic conditions such as asthma, hay fever, and chronic bronchitis, take 300mg of Irish moss powder up to three times a day. This preparation should be used for 1-2 months then the dosage reduced to the maintenance dose of 3 teaspoons per day. Irish moss is also used in the treatment of colds and flu, cystic fibrosis, irritable bowel syndrome, digestive problems like constipation and indigestion, bladder infections and vaginal infections, and as a hemostatic (a substance that helps stop bleeding.)

Side effects: Side effects are rare and usually mild. The most common side effect is constipation. Some people might also experience nausea, headache, or an allergic reaction so it's best to start with small doses for the first few days. When used after meals (such as with tea) it can actually stimulate digestion, and that is one of the reasons why it's used to treat IBS.

MARSHMALLOW ROOT

The leaves and stems of this plant can be eaten raw or cooked. The root is usually harvested after the first year and either dried for later use, or used fresh. Once it has been dried and stored, you can crumble the root and sprinkle it a little into your tea, or more often than not just steep it as you would any other tea. The tea can be drunk for its nutritional value or used to add a sweet flavor to other teas and recipes. Marshmallow root will do well in full sun or partial shade. In warmer climates, it prefers a moist area with good drainage, while cooler climates should aim for a slightly marshy area - partially submerged in water at all times.

MYRRH GUM POWDER

Myrrh Gum Powder is yellow to the brown-red powder made from the dried sap of Commiphora myrrha. Also known as 'gum myrrh' or simply topically as 'myrrh', this product has an earthy, bitter taste and odor with citrus undertones. This product is used frequently in teas, essences, and essential oils for its antiseptic qualities. The oil is applied externally as a local antiseptic or even used in mouthwashes for gingivitis.

Myrrh gum powder also works to stimulate the lymphatic system where it helps to dispel toxins from the body.

Myrrh gum powder is a popular ingredient in many cold and flu formulas, as it serves as an antiseptic to help rid the body of harmful bacteria and viruses. It can be taken orally or applied topically.

NEEM LEAF

The neem tree is a tropical evergreen that produces fruit. Neem oil contains the chemical compound azadirachtin, which has been shown to have anti-fungal, antiparasitic, and antibacterial properties. The oil can be used in soaps or made into a paste for application directly onto the skin.

Prostate cancer can be treated with neem leaf extract, as it may cause cell death in prostate cancer cells. Neem benefits the immune system, resulting in improved health. It also is beneficial for the respiratory system, as it reduces coughing and inflammation. It has anti-inflammatory properties that are helpful with joint pain and arthritis and can reduce inflammation in the urinary tract.

It is a blood purifier that helps rid the body of toxins and also offers respiratory benefits, including reduced coughing and less mucus. Neem may have anti-fungal, anti-bacterial, and anti-viral properties.

Neem has been used to help with symptoms of depression. It has been used for centuries in herbal medicine to help with mental and emotional disorders, such as anxiety.

A meta-analysis published in the Journal of Clinical Psychiatry found that neem is effective for treating mild-to-moderate major depressive disorder (MDD). The study included four randomized controlled trials with a total of 349 people with MDD

Neem leaf has been used by herbal medicine practitioners since ancient times to help with a number of ailments. Both the raw and dried leaves have a spicy or bitter taste that can be used as a flavoring agent in some foods, such as soups and teas. Neem is sometimes used as an ingredient in toothpaste, shampoo, and soap.

Neem leaf extract has been shown to have a significant effect on Alzheimer's disease. Studies show that neem helps 'remove destructive beta-amyloid proteins from brain cells.' It also blocks the formation of tau tangles as well as reduces oxidative stress, which is caused by free radicals in the brain that are

linked to dementia. Neem leaf extract also has neuroprotective effects in the hippocampus, which is part of the brain involved with memory.

Neem can be used in tea or made into a paste for application directly onto the skin. It has anti-inflammatory properties that may benefit arthritis and joint pain. It also reduces inflammation of the urinary tract.

Neem has anti-fungal, anti-bacterial, and antiviral properties that are helpful for respiratory health. It reduces coughing and mucus production.

CHAPTER 10

BEST ANTIVIRAL HERBS AND THEIR USES

In this chapter, we will be going over some of the best antiviral herbs and their uses. Antiviral supplements are a great way to help fight viral infections while allowing your body's own immune system to fight off the virus. Some of these remedies must be used for a period of time in order to see results, but should not be used long-term.

ASTRAGALUS ROOT

The astragalus root is another Chinese herb that has been used for thousands of years. It's a key ingredient in many common herbal remedies, from cordyceps to ginseng, and it has tons of antioxidants. In fact, it contains the complete antioxidant powerhouses: quercentin, ryanodine, isoquercitrin, and rhamnetin.

It's also known to be anti-aging since it stimulates the production of cytokines which help regulate our immune system. Furthermore, the herb helps with the body's absorption of nutrients while increasing hemoglobin levels inside red blood cells (improving erythropoiesis).

Astragalus root has been proven to be effective when used with chemotherapy, making cancer cells more sensitive to treatment.

As if all of the benefits weren't enough, this herb is also known to lower blood sugar levels in type 2 diabetics. If you're diabetic, make sure that your diet portions are correct; not only should you cut down on the fat and sugar that you eat, but your total carbohydrate intake should be limited.

ECHINACEA PURPUREA ROOT

Traditionally, Echinacea was used to support the immune system.

According to scientific studies, extracts of Echinacea contain several active ingredients called cichoric acid lactones that have both antiviral and antimicrobial properties. Additionally, polysaccharides are present in Echinacea preparations that may activate certain components of the immune system.

For these reasons, Echinacea is used to support the immune system in conditions like common colds (and flu).

LICORICE ROOT

Licorice root, or Glycyrrhiza glabra, can have a variety of uses but is especially effective for relieving respiratory conditions such as asthma and bronchitis. In addition to this use, it also has several other benefits including being a potent antioxidant and anti-inflammatory agent. Licorice root may work by inhibiting the enzyme that is responsible for breaking down cortisol, a naturally occurring steroid hormone. This inhibition increases available cortisol in the body to be used by the adrenal glands and provides anti-inflammatory effects.

Licorice root has been shown to reduce inflammation associated with arthritis and allergies as well as inhibit chemical triggers involved in asthma. In China,

licorice root has been used for centuries to treat infections of the upper respiratory tract. In modern times, studies have shown that it is effective in treating chronic bronchitis and other lower respiratory diseases.

RED SAGE LEAF

Red sage leaf is a common herb used in cooking and herbal medicine. It has a long history of medicinal use by Native Americans, who would make poultices from the leaves to treat wounds, sores, muscle pain, and other ailments. In traditional Chinese medicine (TCM), red sage's energy was described as warm and dry.

This herb is most commonly used in herbal medicine today to treat respiratory conditions, including asthma.

Unlike other sage species, whose leaves are generally grayish-green, red sage's leaves are bright green. They also look different from the leaves of "common sage," which are oval-shaped with scalloped edges while red sage has a more triangular shape.

The active compounds in red sage leaves are the volatile oils eugenol and thujone. These chemical components give red sage its flavor and can also be used to treat toothaches and sore throats.

Like most herbs, there is no standard dosage for red sage, but herbalists typically recommend taking teas or tinctures made from the red sage leaves. You can also purchase red sage tea bags or tablets.

Other ways this herb has been used include:

- Coughs and colds: Topically as a massage oil, inhaled as a steam/incense, made into a tea to treat coughing, asthma, bronchitis,

and other respiratory problems. A tincture of the herb has also been used to treat sore throats.

- Haircare: A tincture or oil derived from red sage leaves has been added to hair products, purportedly as an aid to prevent baldness and for hair growth.
- Skin conditions: For skin conditions such as ringworm, ulcers, acne, and wounds, herbalists have applied a red sage paste made from the leaves.
- General health: red sage tea has been used to boost energy, improve digestion and increase urine flow.

SARSAPARILLA

Sarsaparilla (Smilax spp.)

Sarsaparilla has a history of being used in herbal medicine to treat skin disorders, arthritis, and syphilis. It is also said to have been used as an aphrodisiac in Europe. Today it is used much less frequently because better medicines are available for these conditions. In addition, sarsaparilla is not very good at treating any of these conditions. However, it is still used to treat urinary problems and bowel disorders. It might also be included in some weight loss products because of its mild appetite suppressant effect.

Sarsaparilla contains chemicals that are similar to estrogen (female sex hormone) and can act like estrogen in the body. Taking large amounts of sarsaparilla might increase a person's risk of developing cancer of the uterus (womb), especially in women who already have an increased risk for this type of cancer.

This product is not recommended during pregnancy or breastfeeding. It can act like estrogen and may be harmful to the fetus. It might also increase the risk for breast cancer in women because of its mild estrogen-like effect.

ST JOHN'S WORT FLOWER/LEAF

Also known as 'hypericum' or 'klamath weed', this flower has been used to treat various conditions including depression. Some studies have found that St John's wort is just as effective as antidepressant medication, though it doesn't cause the side effects of the drugs. It works by increasing certain neurotransmitters in the brain, which controls mood. It also is capable of preventing serotonin breakdown, which is thought to be one of the main reasons for depression

St John's Wort can affect medications such as birth control and cyclosporin (used to prevent transplant rejection). For this reason, you should discuss taking it with your doctor or other medical professional if you are on any medication.

St John's Wort is available as oil, tincture, powder, or tea and can be used to combat stress, anxiety, and mild to moderate depression.

St John's wort may lower the effectiveness of contraceptives (birth control) because it increases the breakdown of the hormones in birth control that are meant to keep you from getting pregnant.

St John's wort may also decrease the effectiveness of certain medications used to prevent transplant rejection. This means that your body could reject an organ that it is receiving, such as a donated kidney or heart valve. Talk to your doctor about this if you are having any surgery.

YARROW HERB

The yarrow herb is known for its many uses. It has been used in ancient China to cure fevers, but it has also been used in the treatment of digestive disorders. The modern-day herbal medicine people use this herb as a sedative, antidepressant, diaphoretic, and stimulant. This plant can also help with nasal blockage, bronchial asthma, and arthritis. You can use the yarrow herb in cooking or brew it into tea.

The yarrow herb is also known as Achillea millefolium. This is an upright perennial that has thin toothed leaves and small daisy-like flowers. It can grow as tall as two feet. This plant is grown in many locations around the world, but it prefers dry soils and full sun exposure. You can recognize this herb by its leaves that have a feathery appearance and clusters of small white flowers with long petals.

The yarrow herb can be found all over the world. This includes Asia, Europe, and North America. It is also a common sight in meadows and woodlands.

The yarrow herb has many benefits that can help you in your everyday life. One benefit is that it can be used to treat allergies, digestive disorders, and menstrual problems. For those who suffer from fevers, colds, flu, and rheumatism, this herb can also help you. You can use it as an antidepressant as well as a sedative. It is also used for respiratory ailments such as bronchial asthma and nasal blockage.

The yarrow herb has been known to be used to aid in digestion. You can detoxify your body by drinking yarrow tea, which will help cleanse the blood. It has also been known to be helpful in treating menstrual problems as well as arthritis and rheumatism.

The yarrow herb benefits are that it treats skin conditions including:

Mild acne and dermatitis

Hives and itching.

Yarrow tea can be applied to wounds and cuts as it is said to prevent infection. It also helps stop bleeding of the gums when you are brushing your teeth. Yarrow tea can also help with bad breath problems by killing bacteria that cause this condition.

Zinc Lozenges or Supplements (With Echinacea and Vitamin C)

First, prevent colds or shorten their duration and intensity. Zinc lozenges (preferably the "Cold-EEZE" brand) have been shown to be effective in both instances.

When you feel a cold coming on, take a zinc lozenge every two waking hours. If your symptoms are already severe enough that you can't taste the lozenge, you can break it into pieces. You should take them for at least five days, but continue taking them through the day of your cold's expected end plus one more day after that.

When you are already sick with a cold or flu, zinc lozenges will shorten their duration and intensity if taken every two waking hours. They can also be used as a precautionary measure to prevent colds, or shortened in duration and intensity if taken at the first sign of a cold.

They must be zinc gluconate, zinc acetate, or zinc citrate lozenges that go under the tongue because the nasal application is not effective enough. The lozenges must be fresh: do not use more than two weeks after opening.

If you feel like a cold is coming on, try taking vitamin C (3-5 grams) and echinacea (500 milligrams of the herb or one dropper full of tincture) at least four times a day, but especially right away.

Echinacea is an immune stimulant, so it works synergistically with zinc lozenges. Vitamin C speeds up the process by which echinacea stimulates the immune system to produce white blood cells and antibodies. If you are sure that you have a cold or flu, take vitamin C for five days, then stop until the symptoms go away. You can continue taking echinacea for as long as you want (and your doctor agrees).

There are other anti-cold preparations that work when taken at the first sign of a cold, but only when they contain zinc gluconate or zinc acetate lozenges. These typically contain 12 to 15 milligrams of zinc per lozenge.

Inhaling steam from a bowl of hot water or taking Echinacea tincture in juice are both very effective ways to treat colds and shorten their duration. The Echinacea should be taken as soon as you feel the first symptoms of a cold coming on, and continued until it is gone. To help prevent future colds, take Echinacea tincture on a daily basis until the next cold season.

Breathing in steam or taking echinacea juice will shorten the duration and intensity of respiratory infections like chest colds and sinusitis. It may also help treat tuberculosis if you can't get prescription medications for it.

CHAPTER 11

BEST SKIN AND HAIR HERBS AND THEIR USES

In this chapter, we're going to be looking at herbs and their uses for improving your skin and hair, as well as some other common complaints. Herbs can be used in a number of ways; externally or internally (or both), and we will cover that all here. We'll start with the easiest form, which is a topical application (on the skin).

ALOE VERA

DESCRIPTION:

Aloe vera is a plant that belongs to the lily family, and it contains a clear gel-like liquid inside its leaves. Its yellow-green leaves contain two active ingredients, one of which is acemannan, a unique carbohydrate that stimulates different types of cells to communicate with each other. This allows aloe vera to quickly heal damaged cells and wounds.

USES:

Aloe vera is used to treat burns, sunburns, acne, psoriasis, shingles, poison ivy/oak/sumac, cold sores, chickenpox blisters, and warts. It also treats dry skin and hair scalp problems such as dandruff, psoriasis, and eczema. It makes the skin smooth and soft, as well as moistens dry hair scalp, allowing it to grow long and healthy.

Health benefits: Aloe vera has been shown to help treat skin diseases, stop the growth of bacteria that cause acne and other serious skin problems, reduces inflammation in tissues throughout the body, heals wounds faster than normal, prevent sunburns, reduce dry hair scalp conditions like dandruff. It also strengthens fingernails and toenails.

BOTANICAL NAME:

Aloe barbadensis

COMMON NAMES:
Lily of the Desert, Miracle Plant, Barbados Aloe, True Aloe

FAMILY:
Asphodelaceae

PARTS USED:
Leaf gel. The gel is extracted from the center of the leaf between its outer skin and the inner lining. Some manufacturers sell "aloe vera" juice or creams that do not contain any aloe vera at all due to health regulations. Read labels carefully for "pure aloe vera" or 100% pure aloe juice/gel/extract.

ARNICA OIL

DESCRIPTION:
Arnica oil is used to reduce pain, swelling, and bruising.

USES:
Arnica oil is most often used for bruises and sprains, but it may also be used to reduce pain and swelling related to:

- Muscle aches and pains
- Cold sores and fever blisters caused by the herpes virus
- Joint pain caused by arthritis
- Symptoms of osteoporosis such as bone pain or discomfort
- A skin condition called erythromelalgia, which causes pain and swelling in the feet, ankles, legs, hands, and arms

HEALTH BENEFITS:
Arnica has been used for centuries as herbal medicine. Modern research shows that it may be helpful for reducing pain and swelling related to bruises, sprains,

arthritis, osteoporosis, cold sores, and erythromelalgia. It also has antibacterial properties.

Arnica oil has been used for centuries to treat aches and pains.

BOTANICAL NAME:
Arnica montana

ADULT DOSE:
Apply 2-4 drops of oil to the affected area twice daily or as needed.

CHILDREN'S DOSE:
This age group has not been established with Arnica Oil. Please consult your physician before use.

BASIL

DESCRIPTION:
An annual plant native to Asia, Basil has many varieties. The most popular types of basil for medicinal use are Holy basil (Ocimum tenuiflorum), which is purported to be helpful in reducing stress and anxiety; Dark opal basil (Ociumum 'Purpurascens') often used in Ayurvedic medicine for various remedies, and sweet basil (Ocimum Basilicum), a popular spice used in a variety of dishes.

Basil is also known as Tulsi, Kaphrao, Zaatar, Shang Phak.

PARTS USED:
Leaves and oil.

USES:
Basil is used in traditional medicine for respiratory conditions such as cold, flu, bronchitis, and asthma. It has also been used to treat insomnia, headaches,

gastrointestinal problems, and nausea.

HEALTH BENEFITS:
Basils are known to have antioxidant properties, which help the body fight free radicals that may cause cancerous growths.

BOTANICAL NAME:
Family Name: Lamiaceae

COMMON NAMES:
Common names can vary depending on the location but are close to this. Possible other names include Ocimum americanum Basil, Holy basil, Tulsi Basil, Kaphrao Basil, Italian basil, Cajun spice Basil, Opal basil, Purple ruffles basil, Dark opal basil, Red basil, Sweet Basil.

CHAMOMILE

DESCRIPTION:
Chamomile is a natural herb that can be purchased in tea bags or loose leaves. It has a fruity, apple-like scent and taste.

USES:
Chamomile is most often used to treat stomach ailments, but it may also be effective in treating headaches. It can also be applied externally as a cream or oil to relieve the symptoms of eczema and dermatitis, lessen mouth sores caused by radiation therapy or chemotherapy, soothe insect bites and stings, promote wound healing, reduce scarring, and speed the healing of ulcers.

SKIN BENEFITS:
Chamomile tea is a great herbal drink for a relaxing bath. Add a few drops of chamomile oil to the water and enjoy an aromatherapy soak! Chamomile really does wonders for all kinds of skin conditions, including acne, eczema, psoriasis, dry skin, and rashes.

BOTANICAL NAME:

Matricaria recutita

COMMON NAMES:
Chamomile, camomile, wild chamomile, garden chamomile

LAVENDER

DESCRIPTION:
Lavender is a beautiful flowering plant known for its calming effects.

It can be used to help relieve stress, anxiety, and insomnia. It is also commonly used as an antidepressant.

Other benefits include pain relief from headaches and toothaches, menstrual cramps, joint pain, and muscle strain or sprain.

USES:
-Apply lavender oil to the temples, forehead, and face for headache relief.

-Add a few drops of lavender oil to your pillowcase every night before bedtime to help you get a better night's sleep.

-Lavender can be used in lieu of over-the-counter pain medications like Ibuprofen or Tylenol.

-When applied topically lavender can help reduce a fever and aid a person when they have a cold or flu.

-Lavender oil also helps prevent scarring from acne and other skin diseases, wounds, sprains, and sunburns.

-Lavender oil is great for aromatherapy purposes.

-Lavender can be added to bathwater to help relieve muscle pain.

-It is important that lavender oil is not taken orally, as it contains a narcotic substance that can be toxic when ingested. Lavender should only be used topically or aromatically.

SKIN BENEFITS:

Lavender may be used to help cleanse the skin by relieving acne, eczema, psoriasis, and other common skin conditions. It may also be used as a facial toner.

BOTANICAL NAME:
Lavandula angustifolia

COMMON NAMES:
English lavender, common lavender, true lavender, garden lavender

CONTINENT:
Europe and North America

HABITAT:
Dry soil in sunny places. It is found growing wild on hillsides and grasslands.

FAMILY:
Lamiaceae (Labiatae)

LEMON BALM

DESCRIPTION:
Lemon balm (Melissa Officinalis can) is an aromatic plant that has been used for centuries as a medicinal herb. It has a long history of use as a mild sedative and be helpful in reducing anxiety, alleviating stress, and improving sleep quality.

USES:
The leaves can be chewed to relieve stress, anxiety and bring on mild sedative effects. The tea made from the leaves can also be used in similar ways - including easing constipation, stomach cramps, irritable bowel syndrome

(IBS), and reducing epileptic seizures. It is thought that the herb enhances memory and may even improve symptoms of Alzheimer's disease.

Topically, it can be used to treat skin inflammations, including acne. It is anti-inflammatory and the essential oil within the leaves has been found to have antiviral properties that are effective against herpes simplex virus type 1 (HSV-1)

SKIN BENEFITS:
The anti-inflammatory properties of lemon balm make it a great choice for reducing redness and itchiness associated with conditions such as eczema, psoriasis, and general inflammation. It is also antiseptic and can kill bacteria or viruses that may cause acne, boils, or rashes.

BOTANICAL NAME:
Melissa officinalis

OTHER NAMES:
Melissa, Bee Balm, Sweet Balm, Honey Plant, Kex

FAMILY:
Lamiaceae or Labiatae (Mint Family)

NATIVE TO:
Southern Europe and the Mediterranean region

PEPPERMINT

DESCRIPTION:
Peppermint is a plant. The essential oil and extracts from the leaves (candy-flavored) are used for medicine.

USES:
Mild upset stomach, nausea, and vomiting.

An ingredient in toothpaste and mouthwashes for dry mouth (xerostomia).

OTHER USES:
Also used for headaches, muscle pain, and chest pain; to freshen breath; as a mild stimulant; and to make products smell nice.

SKIN BENEFITS:
peppermint essential oil is a known skin irritant, so it may help reduce itching and redness from skin conditions such as eczema.

BOTANICAL NAME:
Mentha piperita

ORIGIN:
Native to Europe and the Middle East, but has been naturalized in many other places.

ROSEMARY

DESCRIPTION:
The plant is an evergreen herb with fragrant needle-like leaves and white to light purple flowers, native to the Mediterranean region. It has a fresh pine-like scent.

USES:
Rosemary stimulates the scalp and aids hair growth and thickness. It is a natural antiseptic and can be used as an antibacterial agent, particularly against the bacteria that causes dandruff.

It is beneficial for oily skin conditions, digestive disorders (such as colic), respiratory tract infections (coughs, bronchitis), arthritis, and poor circulation. Rosemary is an effective mental stimulant and can help combat fatigue, depression, and nervous exhaustion.

BENEFITS:
Rosemary essential oil is very effective for the treatment of acne, dermatitis, and eczema.

BOTANICAL NAME:
Rosmarinus officinalis

CHAPTER 12

USAGE OF HONEY AS ANTIBIOTIC

We humans have been using honey as a source of food and medicine for thousands of years. In ancient times, the Arabs would use it to treat eye infections while Egyptians used it for treating infected wounds. Historians say that Alexander the Great's army carried barrels full of bees' combs during their military campaign because they knew how effective it was against their wounds.

Today, we know that honey works as an antibiotic because of its ability to destroy microorganisms such as bacteria and fungi; something it possesses even if raw or diluted for a 100-fold quantity. Its acidic nature is the reason behind this due to the low pH value of 4.5, therefore, producing hydrogen peroxide which kills microbes without damaging human tissue.

The presence of glucose oxidase further enhances this innate antibacterial property by producing hydrogen peroxide when raw honey comes into contact with internal body fluids containing enzymes like glucose oxidase during digestion after being consumed. Moreover, some types of sugars found in honey are very resistant to microbial attack so they can survive ingestion and reach the intestine where they ferment resulting in beneficial effects on the intestinal flora.

Further, honey is a powerful antioxidant and helps fight inflammation and infection response. This combination of antibacterial and anti-inflammatory effects can help soothe minor burns or skin irritations when applied topically. In the stomach, it will reduce acidity and provide relief from ulcers when taken

with meals. It reduces the growth of bacteria such as Clostridium difficile in the intestinal tract making it effective for treatment for diarrhea caused by this bacterium. There are also reports that honey can help relieve symptoms of allergies, particularly in children.

These benefits have contributed to the increasing interest in using natural products instead of synthetic antibiotics because they offer a safer alternative with fewer adverse side effects compared to pharmaceutical antibiotics. These properties have been attributed to phenolic compounds, enzymes, and antioxidant vitamins present in honey.

Whether raw or processed, honey is still effective against fungi, bacteria, and viruses that cause a wide range of diseases. Its antibiotic properties have been used to treat wounds and ulcers due to chronic leg swelling or bedsores as well as respiratory tract infections such as bronchitis and asthma. It has also been found useful for the prevention of postoperative wound infection after surgery.

However, there are concerns over its safety because it can lead to botulism which is a life-threatening illness caused by a neurotoxin produced by Clostridium botulinum type C bacteria leading to paralysis when injected intravenously during cosmetic procedures like facial fillers. In people with diabetes mellitus type 2 taking high doses of honey could lead to low blood sugar levels.

Possible side effects, when used topically, include allergic reactions in susceptible individuals and eye damage in some cases. Anyone who is considering the use of honey as an antibiotic should consult their doctor first especially for those with diabetes, asthma, or compromised immune system due to cancer treatment, HIV infection, or chemotherapy.

For best results when using honey as an antibiotic, apply it on wounds directly or mix it with water before applying it to the affected area because raw honey is often too viscous to be applied easily. You can also apply a thin coat onto skin sores or infections by diluting two tablespoons of raw honey in one cup of warm water then pat dry after twenty.

One thing you have to bear in mind when thinking about buying honey is you have to be careful of the source because some commercial producers feed bees with sugar instead of pollen. This disturbs their ability to produce healthy bee colonies so it affects the quality of honey which can be used therapeutically.

So, for optimum health benefits honey must be organic, raw, and unprocessed; without this, its antibiotic properties will be impaired by its deterioration caused by processing or heating during cooking or manufacturing thus rendering it useless as an alternative medicine especially against intestinal infections like diarrhea due to microorganisms mainly bacteria which require high acidity for growth, therefore, rendering antibiotics ineffective since they are not acidic enough.

Only natural products without any artificially added substances should be consumed to avoid side effects caused by chemical additives.

Good examples of honey with antibiotic properties are the Manuka honey from New Zealand, Honeydew honey from Scandinavian regions, Sourwood honey from North America, and Tualang honey from Malaysia.

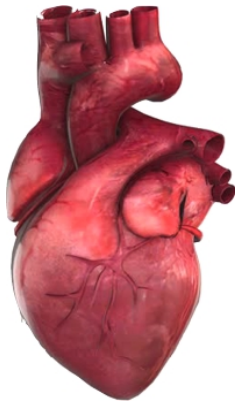
CHAPTER 13

CARE WITH HERBS FOR MAJOR BODY ORGANS

This chapter is going to look at some of the most important herbal medicine tools around. In fact, these are vital for good health and can be considered as a way to defend against many major illnesses. All these drugs have been tested by traditional medicine over countless years of use. They've all been approved for human consumption and they're a great means of handling a heavy hit of sickness.

HEART

Herbal medicine for the heart can be utilized as an effective means of maintaining a strong and healthy heart. Some common ailments treated by the use of herbal medicine for the heart include congestive heart failure, high blood pressure, atherosclerosis, angina pectoris, cardiac arrest, myocardial infarction (heart attack), and other cardiovascular problems.



Herbs: Hawthorn (Crataegus oxyacantha) – Hawthorn is a heart tonic and strengthens contractions of the heart muscle. This herb also helps to circulate blood through the body by dilating veins and arteries, which improves circulation. Hawthorns can aid in treatment for angina pectoris, congestive heart failure, and high blood pressure.

Remedy: A cup of hawthorn tea and ½ tsp of cinnamon three times a day can greatly improve cardiovascular health.

Herbs: Boldo (Peumus boldus) – Boldo is known to be a stimulant tonic, which means it stimulates the action of the heart and thus increasing blood flow throughout the body. This herb has been known to be beneficial in treating cardiac arrhythmias, congestive heart failure, myocardial infarction (heart attack), angina pectoris, and hypertension.

Remedy: This herb can be found in capsule form or as an extract. Taking 2-3 capsules up to 3 times daily is the recommended dosage for treating cardiovascular problems.

Herb: Stinging Nettle (Urtica dioica) – Stinging nettle is known to be a heart tonic, diuretic, blood purifier, nutritive, sedative, and aids in the cleansing of the kidneys. This herb has been beneficial in the treatment of congestive heart failure and high blood pressure.

Remedy: Steep 1 tsp of stinging nettle root in a cup of water for 30 minutes. Drain and drink this tea up to 3 times daily. It is recommended that you consult with your medical practitioner before using this herb, especially if you are taking blood thinners or allergy medications. You may also want to avoid this herb if you have a history of kidney stones.

LUNGS

Herbal medicine applied to the lungs can be used for a number of problems associated with the respiratory system. Some common ailments that herbal medicine for the lungs treats include asthma, bronchitis, emphysema, pneumonia, and tuberculosis.

Herb: Chamomile (Matricaria recutita) – Chamomile is used for its anti-inflammatory properties. This herb is known to help in the treatment of coughs, bronchitis, emphysema, and asthma. It has also been found to reduce

fluid buildup in the lungs making it great for treating pneumonia. Chamomile can be consumed as tea or through capsules.

Remedy: Using chamomile as a tea is the best way to receive its benefits. Steep 1 tsp of dried flowers in a cup of boiled water for 10 minutes. Drink this tea up to three times daily. For treating pneumonia, drink 2-3 cups of chamomile tea throughout the day.

Herb: Marshmallow (Althaea Officinalis) – Marshmallow is an herbal medicine that is used for its soothing and anti-inflammatory effects. This herb treats chest pains caused by asthma, bronchitis, emphysema, and other lung conditions.

Remedy: Drink 1 cup of marshmallow tea up to three times daily for treating lung conditions.

Herb: Licorice (Glycyrrhiza glabra) – Licorice is a soothing herb that helps to coat and heal the bronchial tubes in the lungs, which can be used to treat coughs, colds, asthma, and bronchitis. This herb will also soothe sore throats, which can be contracted from coughing.

Remedy: Drink 1-2 cups of licorice tea daily for treating lung conditions. Licorice should not be used during pregnancy or while nursing without first consulting with your medical practitioner. Some pre-existing health conditions may interact with this herb, so it is important to avoid licorice if you have high blood pressure, are pregnant or breastfeeding, are taking diuretics or heart medications, are on hormone replacement therapy, suffer from diabetes, or are sensitive to estrogen. Licorice can also increase the effects of anticoagulants and may lower potassium levels in the body when used over a long period of time.

Herb: Turmeric (Curcuma longa) – Turmeric is an excellent anti-inflammatory that can be used for treating respiratory conditions like asthma, bronchitis, emphysema, and pneumonia. This herb reduces inflammation in the lungs which will aid in speeding up recovery. It is also known to help with digestion.

Remedy: Consume 1 tsp of turmeric with water or juice 3 times daily, or drink 1-2 cups of turmeric tea daily for treating lung conditions. Turmeric should not be taken if you are pregnant or breastfeeding. This herb can interact with blood thinners and diuretics and should be avoided by those who have gallstones, a blockage in bile ducts, or a history of jaundice.

STOMACH

Herbal medicine is often used to treat ailments in the stomach which include upset stomach, indigestion, ulcers, heartburn, acid reflux disease, constipation, and diarrhea.

The following remedies are good for treating common stomach conditions.

Herb: Ginger (Zingiber officinale) – Ginger is an herb that can be used to treat stomach pain, gas, and cramping. It is also helpful for rheumatoid arthritis and other inflammatory conditions.

Remedy: Drink ginger tea by steeping 2-3 tsp of ginger root in a cup of boiled water for 5 minutes. Ginger should not be used during pregnancy.

Herb: Chamomile (Matricaria recutita) – Chamomile is used for its anti-inflammatory properties. This herb is known to help in the treatment of stomach aches, gas, cramping, and ulcers. It has also been found to reduce fluid buildup in the digestive tract which makes it beneficial for treating diarrhea.

Remedy: Drink 1-2 cups of chamomile tea daily, or take capsules in the dosage recommended on the package. Do not drink chamomile if you are pregnant or breastfeeding. This herb interacts with heart medications and blood thinners and should be avoided by those who have gallstones, a blockage in bile ducts, or a history of jaundice.

Herb: Licorice (Glycyrrhiza glabra) – Licorice is a soothing herb that can be used to treat stomach ailments like ulcers, diarrhea, heartburn, and pain. This herb will also reduce inflammation in the digestive system which can be caused by conditions such as irritable bowel syndrome.

Remedy: Drink 1-2 cups of licorice tea daily for treating stomach issues or take 2 capsules of a licorice supplement twice daily with meals. Licorice should not

be taken if you are pregnant or breastfeeding. This herb can interact with blood thinners and heart medications and should be avoided by those who have high blood pressure or a history of electrolyte imbalances, such as low potassium levels.

INTESTINE

Herbal medicine can be used to not only treat stomach issues but also ailments of the intestine. Common intestinal problems that can be treated with herbal remedies include diarrhea, constipation, and IBS.

Herb: Cascara sagrada (Rhamnus purshiana) – Cascara sagrada is a laxative that can be used to treat constipation and diarrhea. This herb stimulates bowel movements and decreases pain around the digestive tract.

Remedy: Take 2 capsules of Cascara sagrada in the dosage recommended on the package, or make tea by steeping 1-2 tsp of bark in 1 cup of boiled water for 10 minutes. This herb should not be taken for more than a week. If you have a history of liver disease, kidney stones, or intestinal blockage do not use cascara sagrada. Excessive use can cause complications such as dehydration and electrolyte imbalances which can lead to heart issues.

Herb: Blackberry (Rubus villosus) – Blackberry is a soothing herb that can be used to treat diarrhea. It also helps to reduce inflammation in the digestive tract which makes it beneficial for treating conditions such as irritable bowel syndrome.

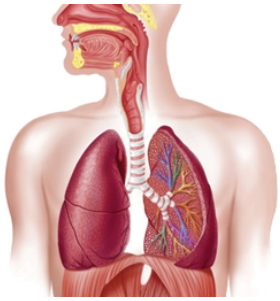
Remedy: Drink 1 cup of blackberry tea or take 2 capsules of blackberry extract twice daily with meals. This herb should not be taken by those who have a history of kidney stones as it may worsen symptoms. Blackberry contains sugar and should be avoided by those with diabetes or other conditions that require avoiding dietary sugar.

Herb: Slippery elm (Ulmus rubra) – Slippery elm is a soothing herb that can be used to treat diarrhea, constipation, and IBS. It can also alleviate inflammation in the digestive tract which makes it beneficial for treating conditions such as irritable bowel syndrome.

Remedy: Take 2 capsules of slippery elm extract twice daily with meals or make tea by steeping 1 tsp of powder in 1 cup of boiled water for 10 minutes. This herb should not be taken for more than a week and is not recommended if you have a history of abdominal surgery as it may interfere with wound healing.

RESPIRATORY SYSTEM

Herbs and plants also provide treatment for the respiratory system. There are many herbs that can be used to treat conditions like asthma, bronchitis, colds, and the flu.



Herbs: Hyssop (Hyssopus officinalis) – Hyssop has expectorant properties which means it aids in clearing mucus from the respiratory system. This herb can be used to treat conditions such as bronchitis or whooping cough by loosening phlegm from the lungs and breaking up chest colds.

Remedy: Drink 1 cup of hyssop tea or take 2 capsules of hyssop supplement twice daily with meals for treating respiratory conditions. This herb should not be taken if you are pregnant or breastfeeding, or by those who have high blood pressure or epilepsy.

Herb: Eucalyptus (Eucalyptus globulus) – This herb can be used to treat coughs, colds, and respiratory infections. It is especially helpful for treating sinusitis caused by bacterial or viral infections.

Remedy: Drink 1 cup of eucalyptus tea or make eucalyptus oil by steeping 5–10 drops in 1 cup of carrier oil (coconut, olive). Add to a warm compress and inhale the steam for treating sinusitis. Eucalyptus can be taken by mouth but

should be avoided if you are pregnant or breastfeeding, have high blood pressure or are taking sedatives.

Herb: Garlic (Allium sativum) – Garlic is beneficial for the respiratory system because it contains antiviral and antibacterial properties which can attack bacterial infections that may contribute to respiratory conditions. It also has expectorant properties which means it aids in clearing mucus from the lungs. Garlic can be used to treat conditions such as bronchitis or whooping cough by loosening phlegm from the lungs and breaking up chest colds.

Remedy: Take 1 clove of raw garlic in capsule form twice daily for treating respiratory infections, bronchitis, or coughs. This herb should not be taken if you are pregnant or breastfeeding.

BRAIN AND NERVOUS SYSTEM

Herbal medicine can be used to treat conditions of the central nervous system such as Alzheimer's disease, insomnia, Parkinson's disease, and anxiety.

Herb: Ginkgo (Ginkgo biloba) – Ginkgo has antioxidant and circulatory benefits which makes it useful for treating conditions like Alzheimer's disease, dementia, memory loss, tinnitus (ringing in the ears), or vertigo. It is also beneficial for boosting concentration and focus.

Remedy: Take 2 capsules of ginkgo supplement twice daily with meals to boost memory, concentration, and other brain functions for up to 12 weeks. This herb should not be taken by those who have bleeding disorders or if you are taking blood-thinning medications such as warfarin (Coumadin). Additional Remedy

Herb: Ginseng (Panax ginseng) – Ginseng is known to have many benefits including the potential to boost mood, increase energy levels, and support immune health. It can also be used to treat chronic fatigue syndrome.

Remedy: Take 1 g of raw root in capsule form or take 2 capsules of a ginseng supplement twice daily with meals. This herb should not be taken if you have a blood clotting disorder, are experiencing heavy bleeding due to another health condition, or taking anticoagulant medications such as warfarin (Coumadin).

Herb: Gotu kola (Centella Asiatica) – This herb is beneficial for brain health and may aid in preventing neurological conditions like Alzheimer's disease, dementia, memory loss. It is also believed to boost mood and energy levels.

Remedy: Drink 1–2 cups of Gotu kola tea or take 2 capsules of a Gotu kola supplement twice daily with meals. This herb should not be taken by those who are pregnant or breastfeeding, or by those with liver disorders.

LIVER

Herbal medicine can be used to treat liver disease including hepatitis, cirrhosis, and chronic fatigue syndrome.

The liver and gallbladder help in detoxifying our body and aids in the breakdown of nutrients we get from food. Conditions such as jaundice, gallstones, or gallbladder cancer can affect this organ.

Herb: Licorice (Glycyrrhiza glabra) – Licorice extract has antioxidant and anti-inflammatory benefits so it can be used to treat conditions such as jaundice or hepatitis. The extract may also improve overall bile flow and promote healthy liver function.

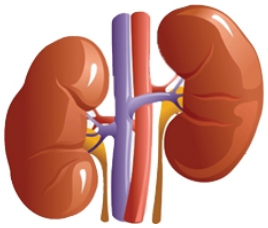
Remedy: Take 1–2 capsules of a licorice supplement twice daily with meals for up to 12 weeks. This herb should not be taken if you have an overactive thyroid, heart disease, or high blood pressure.

Herb: Turmeric (Curcuma longa) – This herb contains antioxidant properties which makes it beneficial for protecting the liver against damaging free radicals that can cause cirrhosis or cancer. It also has anti-inflammatory and anti-microbial benefits which make it useful for treating chronic liver conditions.

Remedy: Take 1 capsule of a turmeric extract supplement twice daily with meals or drink 2–3 cups of turmeric tea each day. This herb should not be used if you have gallstones, gallbladder inflammation, irritable bowel syndrome (IBS), or stomach ulcers.

KIDNEYS

Herbal medicine for the kidneys is based on promoting diuresis, which increases the rate of urine elimination. Because fluid retention plays an important role in premenstrual syndrome, urethral syndrome, and lower back pain, many herbal remedies help to promote secretion by stimulating renal function. Kidney cleansing is also an option if it is associated with symptoms of renal colics, such as flank pain.



Herb: Juniper (Juniperus communis) – The juniper berry is beneficial for treating urinary tract infections and kidney stones. It also helps to purify the blood and improve circulation.

Remedy: Drink 3 cups of juniper tea or take 2 capsules of a juniper supplement each day with meals. This herb should not be taken by those who are pregnant or breastfeeding, or by those with liver disorders.

Herb: Couch grass (Agropyron repens) – The roots of this plant contain diuretic properties that can increase urine production and help rid the body of excess water weight.

Remedy: Drink 1 cup of couch grass tea or take 2 capsules of a couch grass supplement each day with meals. This herb should not be taken by those who have an overactive thyroid, electrolyte imbalances, or who suffer from frequent bouts of diarrhea.

BONES

Herbal medicine can be used to remedy bone conditions that are often associated with pain, inflammation, or stiffness.

The bones protect the body from infections and regulate calcium levels, making them essential for optimal health. Osteoporosis is a condition in which the density of bones decreases leading to an increased risk of fractures. It affects 200 million people worldwide, including one in three women after menopause.

Other diseases that affect the bones include osteoarthritis and rheumatoid arthritis. Bone marrow suppression can also cause serious infection; therefore, bone conditions can often be life-threatening if left untreated.

Herb: Rosemary (Rosmarinus Officinalis) – This herb contains anti-inflammatory properties that can be used to treat bone conditions such as osteoporosis and arthritis. It also has antioxidant benefits which help promote overall health.

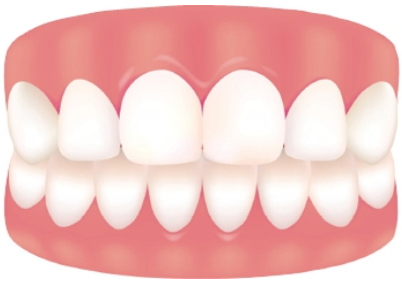
Remedy: Drink 3 cups of rosemary tea or take 2 capsules of a rosemary supplement once daily with meals. This herb should not be used by those who have hypertension, are pregnant or breastfeeding, or by those with diabetes.

Herb: Black Cohosh (Cimicifuga Racemosa) – The root of this plant contains carminative properties that can rid the body of gas and promote urinary tract function. It is also used to relieve symptoms of menopause such as hot flashes, mood swings, nervousness, and insomnia.

Remedy: Drink 3 cups of black cohosh tea or take 2 capsules of a black cohosh supplement each day with meals. This herb should not be taken by those who are pregnant or breastfeeding, or by those who suffer from liver disorders.

TEETH AND GUMS

Herbal medicine for the teeth and gums is based on promoting cleansing, healing, and anti-inflammatory effects. By increasing circulation to key areas, herbal remedies can stimulate tissue repair and alleviate symptoms such as tooth pain and inflammation. These remedies also promote overall health by increasing nutrient absorption through tissues lining the mouth.



Herb: Red Clover (Trifolium pratense) – The root and leaf of this plant contain astringent properties that can reduce the flow of saliva and help relieve inflammation.

Remedy: Drink 2 cups of red clover tea or take 3 capsules of red clover to supplement each day with meals. This herb should not be taken by those who have hormone-sensitive conditions such as cancer, osteoporosis, ovarian cysts and fibroids, and endometriosis.

Herb: Pineapple (Ananas Comosus) – The stem and leaf of this plant contain anti-inflammatory properties that can soothe pain and swelling associated with infections such as gingivitis.

Remedy: Drink 1 cup of pineapple juice or take 3 capsules of a pineapple supplement each day with meals. This herb should not be taken by those who have diarrhea or high blood pressure.

BLADDER

Bladder conditions are one of the most common reasons for seeking herbal treatment. This is because many plant-based remedies can promote bladder function and increase water retention while protecting the urinary tract. Bladder problems include urinary tract infections, cystitis (inflammation of the bladder), kidney stones, and cancer.

Herb: Goldenrod (Solidago virgaurea) – This herb contains astringent properties that can relieve bladder pressure and provide pain relief.

Remedy: Drink 3 cups of goldenrod tea or take 2 capsules of goldenrod supplement each day with meals. This herb should not be used by those who have an allergy to ragweed, are pregnant or breastfeeding, or by those with an inflammatory condition affecting the stomach and intestines.

Herb: Uva-Ursi (Arctostaphylos Uva-Ursi) – The leaf of this plant contains anti-inflammatory properties that can relieve pain caused by bladder infections and kidney stones, as well as reduce irritation to the urinary tract.

Remedy: Drink 3 cups of uva-ursi tea or take 2 capsules of a uva-ursi supplement twice daily with meals. This herb should not be used by those who have kidney stones, severe kidney disease, severe heart disease, gout, liver problems, or gallstones.

CHAPTER 14

AILMENTS BY DISEASE

This chapter is going to look at various diseases and how to treat them with herbal medicine. The diseases are listed alphabetically.

ALLERGIES

Herbs: Nettle, Elderflower

Remedies: Take 1–2 cups of a nettle infusion per day for three months, or 1 cup each day of an elderflower infusion beginning one month before the hay fever season and continuing for three months.

Herb: Echinacea

Preparation: Use the root of Echinacea purpurea (or pallida) as a tincture or tea.

Dosage: A typical dose is 30–60 drops three times daily, although it may be taken up to four times per day. For skin problems, soak a compress in an echinacea tincture or tea and apply every few hours. If the compress becomes dry, moisten it with more of the infusion.

Herbs: Chamomile, Mints, Lavender

Allergies: Mix equal parts of chamomile, mints (peppermint, spearmint, pennyroyal), and lavender flowers.

Remedy: Drink 1–2 cups per day. Be sure to test your sensitivity first—this blend is not for everyone!

Herbal remedies: Use the tincture or tea as a rinse for your nasal passages.

For hay fever and other allergies, just before going to bed also apply some of the oil of lavender on your handkerchief and place it near your head during the night.

ALZHEIMER'S

Herb: Ginkgo

Preparation: The usual dosage is 20 milligrams of a standardized extract. If you are taking prescription anticoagulant drugs, such as warfarin (Coumadin), consult your doctor before adding ginkgo to your regimen. Ginkgo may interfere with the effects of these medications.

Herb: Yerba santa

Preparation: Take 1 teaspoon three times per day.

ARTHRITIS

Herb: Aloe vera

Preparation: Apply Aloe vera topically as a gel, tonic, or compress.

Herb: Feverfew

Preparation: Ingest 3–5 leaves daily.

Herb: Boswellia

Preparation: Ingest a total of 175–225 milligrams per day in three or four divided doses.

Herb: Rosemary

Preparation: Add 1–2 teaspoons of dried rosemary to hot water or tea and steep for ten minutes. Use it as a gargle, apply it topically as a tonic, add it to soup recipes, cook with it, or use the essential oil in aromatherapy.

ASTHMA

Herbs: Elderflower, Eucalyptus globulus, Nettle

Preparation: Take 1 cup of an elderflower infusion twice daily for 1 month before the hay fever season starts. Drink one to two cups of a eucalyptus, nettle, or cleavers infusion daily starting one month before the start of the hay fever season.

ANTI-RHEUMATICS

Tea: Black Cohosh, Meadowsweet, Passionflower, Wild Lettuce

Dosage: Drink one cup of tea made from any combination of these herbs three times daily.

Tea: Ginger, Licorice, Marshmallow root, Echinacea, Garlic

Dosage: Drink one cup of tea made with any combination of these herbs three times daily.

Herbs: Catnip, Chamomile, Ginger

Preparation: Prepare an infusion or decoction of any two of these herbs. Use topically to the affected area once or twice daily.

BACK PAIN

Herbs: Black cohosh, Meadowsweet, Passionflower, Wild Lettuce

Preparation: Prepare an infusion or decoction of any two of these herbs. Apply topically to the affected area once daily.

Herb: Marjoram

Efficacy: Herbalist Rosemary Gladstar claims that marjoram is another one of the best herbs for back pain.

Preparation: Prepare an infusion or decoction for topical application, apply topically to the affected area once daily.

BLOOD PRESSURE/HEART DISEASE

Herbs: Hawthorn, Licorice

Preparation: Take a cup of a hawthorn infusion or decoction two times daily. For elevated blood pressure, add one teaspoon of licorice root powder to the infusion or decoction and take three times per day.

Tea: Cramp bark

Dosage: Drink 1–2 cups of a cramp bark infusion or decoction twice daily.

Tea: Hawthorn

Dosage: Drink 1–2 cups of a hawthorn infusion or decoction two times daily.

BLOOD PRESSURE HIGH

Herb: Hawthorn

Preparation: 2 teaspoons of dried herb steeped for 10 minutes in 1 cup of boiling water. Drink 3 times a day or as needed.

Reduce Caffeine, alcohol, and sodium intake. Increase potassium-rich foods such as bananas.

Avoid Antihypertensive medications due to potential adverse herb-drug interaction.

BLOOD PRESSURE LOW

Herbs: Clary Sage, Basil, Pine, Cinnamon

Preparation: 2 teaspoons of dried herb steeped for 10 minutes in 1 cup of boiling water. Drink 3 times a day or as needed

Increase Potassium-rich foods such as bananas or potatoes. Do not take Antihypertensive medications due to potential adverse herb-drug interaction. Do not consume large quantities if pregnant, breastfeeding, or epileptic.

BLOOD PRESSURE MODERATE

Herb: Ginger, Garlic, Ginkgo Biloba, Ginseng, Hawthorn

Preparation: 2 teaspoons of dried herb steeped for 10 minutes in 1 cup of boiling water. Drink 3 times a day or as needed. Do not exceed recommended amounts.

For acute conditions: Drink 1 cup of this mixture 3 times a day as needed, not to exceed 5 cups daily. Double the amount from step 2 if using fresh herbs.

Cautions: Consult a medical professional before use, especially those who are pregnant or nursing, those taking heart medications or blood thinners, or those with diabetes.

Avoid if allergic to plants in the Liliaceae family (like garlic, onions, leeks, etc).

Do not use if pregnant or breastfeeding. Do not use it if you have low blood pressure. Avoid before surgery. Stop using 2 weeks before surgery or dental/oral procedures.

BONE DISEASE/FRACTURES

Herb: Horsetail (for external use by compresses and baths only)

Preparation: Use the fresh or dried herb and prepare as a compress.

Tea: Horsetail

Dosage: Drink 3–4 cups of a horsetail infusion daily.

BREASTFEEDING PROBLEMS/NURSING MOTHERS

Herbs: Fenugreek, Parsley, Fennel, Goat's rue

Preparation: On the first day, take one tablespoon of fenugreek seeds in a cup of hot water. After that, drink 1–2 cups of the infusion or decoction daily. Add two teaspoons of freshly chopped parsley leaves to each cup. Drink 3–5 cups of an infusion or decoction of fennel per day. Drink 1 teaspoonful of an infusion or decoction of goat's rue three times daily.

Herb: Fenugreek

Preparation: Take 1–2 teaspoons in water three times daily.

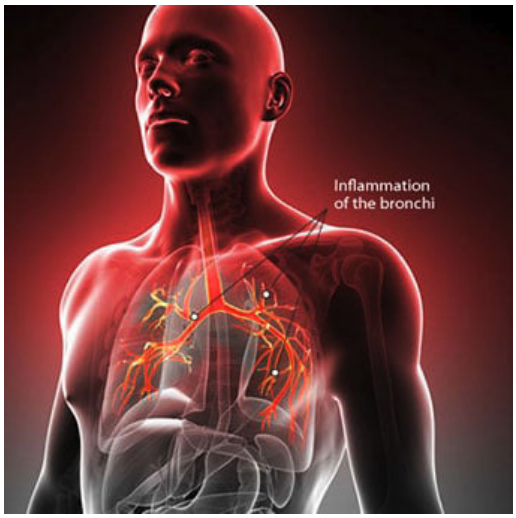
Herbs: Aloe vera, Cascara sagrada

Preparation: Apply aloe vera topically as a gel, tonic, or compress. Drink 1–2 cups of an infusion or decoction of cascara sagrada one to four times daily.

Herb: Ginger

Preparation: Ingest one to two teaspoons of dried ginger powder three times daily with a cup of hot water.

BRONCHITIS



Herb: White Horehound

Preparation: Prepare an infusion of the herb. Drink 2–4 cups daily.

Herb: Elecampane

Preparation: Prepare an infusion of the root, flowers, and leaves. Drink 3–4 cups of a hot infusion per day.

Herb: Ginger

Preparation: Ingest one to two teaspoons of dried ginger powder three times daily with a cup of hot water.

BRUISES

Herb: Yarrow

Preparation: Apply yarrow tincture topically to the affected area several times per day. Alternatively, you can take an infusion of 1–2 teaspoons of dried yarrow two or three times daily. You can also use a compress made with the same amount of plant material and cooled boiled water.

Herb: Arnica

Preparation: Apply arnica tincture topically to the affected area several times per day. Mix 2 teaspoons dried arnica flowers in 1 cup cool water and let stand for 12 hours; drink the infusion two or three times daily.

CANCER

Tea: Red clover

Dosage: Drink 3–4 cups of a red clover infusion or decoction daily.

CHOLERA/DIARRHEA

Herb: Oregon grape root

Preparation: Take 1–2 teaspoons of an Oregon grape root tincture two to four times daily. Alternatively, drink a cup of an Oregon grape root infusion or decoction three times daily.

Tea: Mugwort, Peppermint, Spearmint, Wormwood

Dosage: Drink one cup of tea made with mugwort, peppermint, spearmint, or wormwood three times daily.

Tea: Goat's rue

Dosage: Drink 1–2 cups of an infusion or decoction of goat's rue two to four times daily.

CONSTIPATION

Herbs: Mallow, Psyllium seed husks, Licorice, Cascara sagrada

Preparation: Take 1 to 2 teaspoons of a mallow or licorice infusion or decoction three times daily. Add 1 teaspoon of psyllium seed husks to one cup of water and drink three times per day. Drink 1–2 cups of cascara sagrada tea four times daily.

COUGHS/STOMACH ACHES

Tea: Black Cohosh, Meadowsweet, Passionflower, Wild Lettuce

Dosage: Drink one cup of tea made from any combination of these herbs three times daily.

Tea: Ginger, Licorice, Marshmallow root, Echinacea, Garlic

Dosage: Drink one cup of tea made with any combination of these herbs three times daily.

Herbs: Catnip, Chamomile, Ginger

Preparation: Prepare an infusion or decoction of any two of these herbs. Use topically to the affected area once or twice daily.

CHOLESTEROL

Herbs: Cramp bark, Garlic, Horsetail

Preparation: Take 1 cup of a cramp bark infusion or decoction two times daily. Add one teaspoon of garlic to all food throughout the day. Drink 3–4 cups of horsetail infusion daily.

Tea: Yarrow

Dosage: Drink 2–3 cups of an infusion or decoction of yarrow daily.

CHRONIC PAIN

Tea: Catnip, Passionflower, Valerian root

Dosage: Drink two to three cups of a catnip infusion or decoction daily. Drink one cup of a passionflower or valerian infusion or decoction twice daily.

Herbs: Cramp bark, Jamaican dogwood, Kava, Passionflower

Preparation: Take 1 cup of a cramp bark infusion or decoction two times daily. Drink one cup of an infusion or decoction of Jamaican dogwood root twice daily. Prepare an infusion or decoction of passionflower and drink 2–3 cups daily.

Herb: St. John's wort first thing in the morning, feverfew at lunch, chamomile in the afternoon

Preparation: Prepare an infusion of St. John's wort and drink 1–2 cups in the morning. Prepare an infusion of feverfew flowers and drink 1 cup at noon; prepare a chamomile decoction or extract (tincture) in the afternoon.

COLDS

Herbs: Echinacea, licorice, ginger

Preparation: Drink a mixture of three parts echinacea tincture to one part ginger tincture. You can mix 1 teaspoon of each of the tinctures in 1/4 cup warm water and drink the liquid every two to three hours.

Remedies: Take 1–2 teaspoons of licorice tincture before each meal for five days, then rest for four days. Repeat the cycle if necessary.

Herbs: Echinacea, goldenseal, yarrow, Osha root

Preparation: Mix 1 tablespoon of each of the tinctures and take 1 teaspoon every two to four hours.

COLD & FLU

Herb: Ginger

Remedy: In a blender, combine 1 cup of water with three slices of fresh ginger. Drink three times a day.

Herbs: Echinacea, Elderflower, Garlic, Astragalus, Andrographis, Propolis, Ginger

Preparation: Make an infusion or decoction of echinacea. Drink one cup three times daily throughout the cold and flu season. Prepare an elderflower infusion or decoction, drink one cup twice daily during the cold and flu season. Drink garlic infusion or decoction prepared by adding one whole clove of crushed fresh garlic to a cup of hot water. Take 1/2 teaspoon three times daily with meals for seven days per week throughout the cold and flu season. Prepare an astragalus infusion or decoction, and drink one cup three times daily throughout the cold and flu season. Make a propolis tincture by adding 40 drops to a cup of hot water; take this three times daily for seven days per week during the cold and flu season. Drink ginger tea made from freshly grated ginger root two to three times daily throughout the cold and flu season.

Tea: Elderflower

Dosage: Drink one to two cups of an elderflower infusion or decoction daily.

COLIC

Herbs: Lavender oil, chamomile tea, catnip tea (can be given to children)

1 cup boiling water poured over 2 teaspoons dried flowers and steeped for 15 minutes; drink one cup three to four times a day.

A mixture of 1–2 drops lavender oil and 1 teaspoon carrier oil, such as almond or apricot kernel oil rubbed over the abdomen.

COUGHS/SORE THROATS

Herbs: Boneset, Coltsfoot, Echinacea, Licorice, Marshmallow, Mullein, Thyme

Preparation: Prepare an infusion or decoction of any of these herbs. Drink one cup three times daily.

CRAMPS

Herbs: Crampbark, Black Haw, Jamaican Dogwood

Preparation: Drink an infusion or decoction of any of these herbs. Drink 1 cup three times daily.

Herbs: Black haw, crampbark, Jamaican dogwood, lady's slipper, motherwort

Remedies: Prepare tinctures of any of these herbs. Combine equal parts of the tinctures and take 1/4 teaspoon 20 minutes before each meal. Do not use crampbark during pregnancy.

Fluid Intake: Drink at least eight glasses (about 2 liters) of fluids daily to keep your body hydrated and encourage the removal of toxins through urination and perspiration. Fluids also assist in loosening secretions that may be thick,

making mucus easier to expel. Fluids (hot or cold) may be sipped throughout the day; you will probably need at least four cups within twelve hours of waking.

Herbs: Echinacea, Astragalus, Ginger

Preparation: Prepare an infusion or decoction of echinacea. Drink one cup three times daily throughout the cold and flu season. Prepare an astragalus infusion or decoction, drink one cup three times daily throughout the cold and flu season. Use ginger in any form (fresh, dried, powdered).

DIARRHEA

Herbs: Chamomile, Fennel, Peppermint, Ginger, Slippery elm bark powder

Preparation: Use two to three teaspoons of dry herbs and prepare as tea. Drink three to four cups per day.

DEPRESSION

Herb: St. John's Wort

Remedy: St. John's Wort is most effective when taken in the morning and at night. The recommended dosage of St. John's Wort is 450mg twice a day; more or less can be taken depending on the individual's specific circumstances (for example, if the person taking the herb is also suffering from other health problems or takes medicine).

Herb: Rhodiola

Remedy: Rhodiola is most effective when taken as an extract that contains 2-3% rosavin and 0.8-1% salidroside (both plant components important for bioactivity). 100mg of the extract once per day for one week followed by 100mg increases each week until 400mg daily is reached, according to experts.

DIABETES

Herb: Apple Cider Vinegar

Remedy: 2 tablespoons of ACV before bedtime can help lower your fasting sugar levels. 1-2 teaspoons of ACV ingested with meals can also reduce the glycemic load of a carbohydrate-rich meal, which is even better. I usually advise people to take ACV alone, prior to a meal, or in salad dressings or tea.

Herb: Fenugreek seeds

Preparation: Take 1 tablespoon in a cup of hot water, steep for 10 minutes, strain, and drink three times daily.

Tea: Pure Wild Indigo

Preparation: Prepare as an infusion or decoction. Drink one to two cups daily.

Tea: Yarrow

Dosage: Drink one cup of yarrow tea twice to three times daily.

DIGESTION

Herbs: chamomile, peppermint

Preparation: These herbs can be enjoyed as a hot tea after dinner, prior to bedtime.

DRY SKIN

Herbs: Calendula/Chamomile /Yarrow/Elder Blossoms

Preparation: Prepare an infusion or decoction. Soak a cloth in warm water, squeeze out excess liquid, and apply to the skin's surface for 10 minutes. Strain herbs from water and re-soak cloths as needed. Store extra batches of infusion or decoction in the refrigerator.

Herbs: Comfrey, Lavender, Oatstraw

Preparation: Prepare a decoction of comfrey. Soak a cloth in the decoction and apply to the skin for 10 minutes. Strain the herbs from the water and re-soak

cloths as needed. Mix dried lavender or dried oatstraw with a little water, apply the mixture to the skin for 10 minutes, and then remove herbs.

Herbs: Avocado Oil

Preparation: Apply avocado oil (a natural emollient) directly to the skin, or use it in your favorite body care recipe. Be sure to choose an organic brand of avocado oil so that you avoid pesticide exposure.

EAR INFECTIONS

Herbs: Mullein Oil or Garlic Oil

Preparation: Gently warm either oil and drop a few drops in the ear, allowing it to drain out after a minute. Cover the ear with a cotton ball for 1 to 2 hours. Repeat if needed.

Herbs: Elderberry Syrup

Preparation: Mix two tablespoons of elderberry syrup with an equal amount of fresh lemon juice, and add a pinch (1/8 teaspoon) of ground ginger root. Warm the mixture slightly to enhance its flavor and aid in absorption, then apply one tablespoon in the ear canal three times daily for three days.

ECZEMA/PSORIASIS

Herbs: Witch hazel, Licorice, Echinacea, Calendula, Aloe vera

Preparation: Mix two teaspoons of one or more of these herbs in one cup of witch hazel. Apply this mixture topically twice daily or as needed to prevent dryness and itching. Drink one tablespoon of an herbal infusion three times daily in a tea, such as licorice (four teaspoons in one cup water). Prepare an infusion or decoction of echinacea (two tablespoons dried herb mix with one cup of water); drink one cup three times daily. Prepare an infusion or decoction of calendula (one teaspoon dried herb mix with one cup of water), and drink one cup four times daily. Apply aloe vera topically to affected areas twice daily.

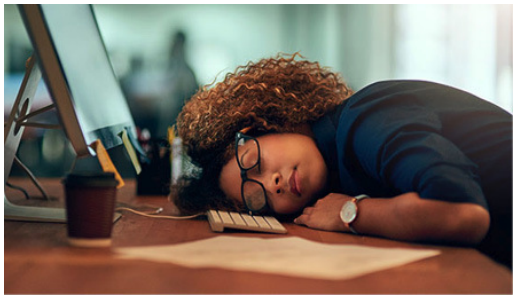
EYESIGHT

Herb: Bilberry

Preparation: Tincture, food, or tea. The recommended dose is one teaspoon taken three times daily. However, the effects were studied at higher doses- 30

grams per day of bilberry leaf.

FATIGUE/WEAKNESS



Herbs: Ginkgo leaf, Ginseng root, Milk thistle seed, Licorice root bark

Preparation: Take one tablespoon of ginkgo leaf tincture three times daily. Combine 1 teaspoon each of ginseng root, milk thistle seed, and licorice root bark in water and drink twice daily.

FLU

Tea: Echinacea, Ginger, Goldenseal

Dosage: Drink one to two cups of an infusion or decoction made from any one of these herbs three times daily.

Herb: Licorice

Preparation: Ingest 1 teaspoon dried root powder mixed with hot water or prepare as a tea using four teaspoons in one cup of water.

GENERAL HEALTH/HABIT MAINTENANCE

Teas: Ginseng, Licorice, Peppermint, Parsley

Dosage: Drink one cup of tea made with any combination of these herbs three times daily.

Herbs: Chicory, Fennel, Ginger

Preparation: Prepare an infusion or decoction of any two of these herbs. Use topically to the affected area once or twice daily.

Tea: Cinnamon, Licorice, Ginger

Preparation: Prepare an infusion or decoction of any one of these herbs. Use topically to the affected area once or twice daily.

Tea: Chamomile, Peppermint, Catnip, Echinacea, Marshmallow root

Dosage: Drink one cup of tea made with any combination of these herbs two to three times daily.

GOUT

Herbs: Burdock, Celery seeds, Juniper berries, Watercress

Preparation: Prepare an infusion or decoction of any of these herbs. Drink one cup three times daily.

HAIR LOSS

Herbs: Saw Palmetto, Horsetail (Silica)

Remedy: If the hair loss is related to an underlying disorder, treating the cause will help. However, saw palmetto extract can be effective in certain cases of hair loss without a known cause (androgenetic alopecia). Take 160mg once daily.

Horsetail can also help with hair growth due to its high silica content. Prepare an infusion, 10ml three times daily.

HEALTH & LIVING

Herbs: Ginseng, Astragalus, Siberian ginseng

Dosage: Take two 500mg capsules of anyone herb three times daily.

HEALTHY KIDS

Herbs: Alfalfa, Ginger

Preparation: Prepare an infusion or decoction of any herbal combination. Drink one to two tablespoons every hour until symptoms disappear.

Herbs: Cayenne, Peppermint, Fennel, Chamomile

Remedy: Make a mixture of cayenne or chilies with honey. Mix this mixture with ginger, fennel, and peppermint. Eat one teaspoon every hour until symptoms disappears.

Herbs: Peppermint, Parsley

Preparation: Prepare an infusion or decoction of any herbal combination. Drink one to two tablespoons every hour until symptoms disappear.

Tea: Chamomile, Ginger, Licorice

Dosage: Drink one to two cups of tea made with any combination of these herbs every hour until symptoms disappears.

HEARING & EAR HEALTH

Tea: Fennel, Ginger

Preparation: Prepare an infusion or decoction of any herbal combination. Drink one to two tablespoons every hour until symptoms disappear.

Tea: Licorice, Echinacea, Rosemary, Sage

Dosage: Drink one cup of tea made with any combination of these herbs three times daily.

Tea: Olive Leaf, Echinacea, Horseradish

Preparation: Prepare an infusion or decoction of any herbal combination. Drink one cup twice daily.

HEART HEALTH

Tea: Hawthorn berry, Rose flower, Lemon verbena

Dosage: Drink one cup of tea made from any one of these herbs three times daily.

Hemorrhoids

Herbs: Witch hazel, Cayenne, Goldenseal, Prickly ash bark powder

Preparation: Prepare an infusion or decoction of any of these herbs. Drink one cup three times daily.

HIV/AIDS

Herbs: Astragalus, Maitake mushroom

Dosage: Take two 500mg capsules of the root extract three times daily. Alternatively, consume one to two grams (approximately five to ten mushrooms) of maitake per day or as directed by a health care provider.

Herbs: Aloe Vera Gel, Flax Seed Oil, Green Tea Extract, Olive Leaf Extract, Grape Seed Extract, Grapefruit Seed Extract

Preparation: Take one tablespoon of flaxseed oil and one to two cups of green tea every day.

INSOMNIA

Tea: California poppy, Chamomile, Lemon balm, Linden flower, Passionflower, Skullcap

Dosage: Drink one cup of tea made from any one of these herbs two to three hours before bedtime.

INFECTIOUS DISEASE

Herb: Echinacea

Dosage: Use this herb topically to the affected area. Also, drink one cup of tea made from dried root three times daily.

Tea: Elderberry, Echinacea, Elecampane, Licorice, Myrrh, Osha root powder, Usnea lichen

Preparation: Prepare an infusion or decoction of any one of these herbs.

Teas: Agrimony, Ginkgo, Gotu kola herb, Marshmallow root, Usnea lichen

Preparation: Prepare an infusion or decoction of any two of these herbs. Use topically to the affected area once or twice daily.

Remedies: Bloodroot, Prickly ash bark powder, slippery elm bark extract

Preparation: Prepare an infusion or decoction of any one of these herbs. Drink two to four cups daily.

Remedies: Agrimony, Chamomile, Horsetail (Silica), Marshmallow root, Prickly ash bark powder

Preparation: Prepare an infusion or decoction of any one of these herbs. Drink two to four cups daily.

Herbs: Catnip, Cayenne, Elecampane, Echinacea, Horseradish, Usnea lichen

Preparation: Prepare an infusion or decoction of any combination of these herbs. Take one cup three times daily.

Tea: Echinacea, Licorice, Marshmallow root

Dosage: Drink one cup of tea made from any combination of these herbs two to four times daily.

Tea: Beetroot leaves, Dandelion root tea

Dosage: Drink one to two cups of solid extract or one cup of tea made from any one of these herbs three times daily.

Herbs: Alfalfa, Barberry, Cayenne, Fennel seed

Preparation: Prepare an infusion or decoction of any combination of these herbs. Drink two to four cups daily.

ITCHING

Herbs: Chamomile/St. John's Wort, Mallow Root/Marshmallow Leaf and Root

Preparation: Apply topically to the affected area once or twice daily.

Remedies: Calamus root, Catnip, Chamomile flower, Echinacea root, Horsetail herb (Silica), Olive leaf Extract

Preparation: Prepare an infusion or decoction of any combination of these herbs. Apply topically to the affected area once or twice daily.

LOSS OF APPETITE

Herb: Dandelion leaf

Preparation: Prepare an infusion or decoction of leaves. Drink one to two cups daily, between meals.

Tea: Chamomile, Fennel seed, Lemon balm leaf

Dosage: Drink one cup of tea made from any combination of these herbs twice daily, before eating a meal.

LUNG CONDITIONS

Herbs: Elecampane, Eucalyptus, Garlic, Licorice

Preparation: Prepare an infusion or decoction of any one of these herbs. Drink two to four cups daily.

Tea: Sage, Slippery elm bark extract

Dosage: Drink one cup of tea made from these herbs three times daily.

Tea: Eucalyptus, Ginger, Sage

Dosage: Drink two to four cups of tea made from any combination of these herbs daily.

Reishi mushroom extract

Dose: One 300mg capsule for every 60 pounds (27kg) of body weight. Take up to three times daily.

MEDICATIONS

Herbs: Black cohosh, Goldenseal, Licorice, Siberian ginseng

Preparation: Prepare an infusion or decoction of any combination of these herbs. Drink two to three cups daily.

Tea: Echinacea, Licorice

Dosage: Drink one cup of tea made from any combination of these herbs two to four times daily.

Herbs: Alfalfa, Ashwagandha root, Barberry, Cayenne, Calendula flowers, Chamomile, Fennel seed, Licorice

Preparation: Prepare an infusion or decoction of any one of these herbs. Drink two to three cups daily.

Tea: Eucalyptus, Goldenseal, Lemon balm

Dosage: Drink one cup of tea made from any combination of these herbs two to four times daily.

Herbs: Agrimony, Broom tops, Cayenne, Elecampane, Garlic

Preparation: Prepare an infusion or decoction of any combination of these herbs. Drink one cup three times daily.

Tea: Goldenseal, Wormwood

Dosage: Drink two to four cups of tea made from any combination of these herbs daily.

Herbs: Amalaki, Guduchi, Licorice

Preparation: Prepare an infusion or decoction of any one of these herbs. Drink two to four cups daily.

MENOPAUSE SUPPORT

Herbs: Black cohosh, Chaste tree berry, Dong Quai, False unicorn root, Ginger, Kava kava, Motherwort, St. John's wort, Vitex berries

Preparation: Prepare an infusion or decoction of any of these herbs. Drink one cup three times daily.

MUSCLE PAIN

Herbs: Birch leaf, Crampbark, Ginger, Valerian

Preparation: Prepare as tea from either of these herbs; drink one to two cups three times daily.

Memory Enhancement

Tea: Rosemary leaves, Guarana

Dosage: Drink one cup of tea made from either of these herbs two to three times daily.

MUSCLE SPASMS/CRAMPS

Herbs: Cramp bark, Ginger, Valerian

Preparation: Prepare as tea from either of these herbs; drink one to two cups three times daily.

MEN'S HEALTH

Tea: Saw palmetto

Dosage: Drink one cup of tea made from saw palmetto berries two to four times daily.

Herbs: Ashwagandha, Black cohosh, Cayenne pepper, Chaste tree berry, Ginseng root (American or Asian), Korean ginseng, Motherwort

Preparation: Prepare as tea from any of these herbs; drink two to four cups daily.

Herbs: Cranberry

Preparation: Drink two to three cups of unsweetened cranberry juice daily.

Alternate: Apply a hot compress to the area for ten minutes three times daily, and drink two cups of chamomile tea.

Herbs: Diaphoretic herbs are any type of feverfew, ginger root, or yarrow herb used in teas that cause sweating. Combined with diuretic herbs such as uva ursi, they can ease urinary problems common to MS sufferers by toning the liver and kidneys while increasing circulation to the bladder area. While each individual may respond differently to different herbal combinations, some diuretics commonly prescribed for MS include parsley leaf (Petroselinum crispum), dandelion root (Taraxacum officinale), uva ursi leaf (Arctostaphylos uva-ursi), cornsilk (Zea mays), cleavers herb (Galium aparine), and horsetail herb (Equisetum arvense). Common diaphoretics include boneset, elder flower, ginger root, linden flower, peach leaf, peppermint leaf, red clover blossoms, rosemary leaves, thyme leaves, wild marjoram.

Preparation: Prepare as tea from any of these herbs; drink three to four cups daily.

Alternate: Apply a hot compress to the area for ten minutes three times daily. Drink two cups of chamomile tea.

Herbs: Feverfew (Tanacetum parthenium), ginger root, calendula flowers, plantain leaf

Preparation: Prepare as tea from any of these herbs; drink three to four cups daily.

MENSTRUAL DISORDERS/PAINFUL PERIODS/AMENORRHEA

Herbs: Black haw, Chaste tree berry, Crampbark, Ginger, Motherwort, Peppermint, Rosemary leaves, Sage

Preparation: Prepare as a tea from any one of these herbs; drink two to four cups daily.

Tea: Black haw, Crampbark, Ginger, Motherwort

Dosage: Drink one cup of tea made from any combination of these herbs three to four times daily.

Herbs: False unicorn root, Licorice

Preparation: Prepare an infusion or decoction of any one of these herbs. Drink three to four cups daily.

Tea: False unicorn root, Ginger, Pulsatilla

Dosage: Drink one cup of tea made from any combination of these herbs three times daily.

Herbs: Lobelia, Pulsatilla

Preparation: Prepare an infusion or decoction of any one of these herbs. Drink two to three cups daily.

MENTAL HEALTH (STRESS RELIEF)

Herbs: American ginseng, Ashwaganda, Gotu kola, Sage

Dosage: Drink one cup of tea made from any combination of these herbs two to three times daily.

Tea: American ginseng, Ashwaganda, Gotu Kola, Kava kava, Passionflower, Valerian

Dosage: Drink one cup of tea made from any combination of these herbs two to three times daily.

MIGRAINE HEADACHE

Tea: Peppermint, Chamomile, Basil

Dosage: Drink one cup of tea made from any one of these herbs three times daily.

Herb: Cayenne

Remedy: To treat a migraine or headache, simply apply cayenne pepper ointment topically to the forehead and temples. The heat from the pepper will often relieve the pain.

Herbs: Feverfew, Peppermint, Lavender, Rosemary, Chamomile

Preparation: These herbs can be prepared as a tincture or by ingesting directly or in tea form. The recommended dosage of feverfew is one to two fresh leaves or three dried leaves daily, as needed.

Preparation: Peppermint oil can be applied topically on the temples and/or forehead, as desired for headache relief. Lavender has been shown to help prevent migraines if diffused in a room prior to sleep. Rosemary oil can be applied topically, as needed. Chamomile can be ingested in a tea or prepared as an infusion or tincture.

NAUSEA/MORNING SICKNESS

Tea: Basil leaves, Ginger, Peppermint

Dosage: Drink one cup of tea made from any one of these herbs three to four times daily.

NEUROLOGY

Teas: Chamomile, Passionflower, Skullcap

Dosage: Drink one cup of tea made from any one of these herbs three to four times daily.

ORAL HEALTH

Herb: Calendula

Remedy: To prevent or treat gum disease, simply apply calendula oil to the gums, three times daily.

Tea: Calendula, Clove bud, Echinacea, Ginger

Dosage: Drink one cup of tea made from any one of these herbs two to three times daily.

Herbs: Calendula, Clove bud, Echinacea, Licorice, Myrrh

Preparation: Prepare as an infusion or tincture. The recommended dosage is one to two teaspoons of an herb-infused in one cup of water, three times daily.

PAIN RELIEF

Tea: Black cohosh, Celery seed, Cramp bark, Echinacea, Ginger root, Kava kava, Valerian

Dosage: Drink one cup of tea made from any one of these herbs three times daily.

PAIN RELIEF/ANTI-INFLAMMATORY

Herbs: Cayenne, Licorice, Yarrow

Preparation: Prepare an infusion or decoction of either of these herbs. Drink one cup three to four times daily.

PREGNANCY COMPLAINTS

Herbs: Fennel, Ginger, Peppermint, Raspberry leaf, Rosemary, Sage

Preparation: Prepare an infusion or decoction of any of these herbs. Drink one cup three to four times daily.

PSORIASIS

Herbs: Aloe vera, Ginger, Licorice, Nettle

Preparation: Prepare a topical paste from any two of these herbs and apply topically three to five times daily. Apply aloe vera topically to affected areas twice daily.

SENIOR HEALTH

Tea: Gotu kola, Milk thistle, Red clover

Dosage: Drink one cup of tea made from any one of these herbs once daily.

Herbs: Bilberry leaf, Dandelion root, Gotu kola, Prickly ash bark

Preparation: Prepare an infusion or decoction of any of these herbs. Drink one cup three times daily.

Herbs: Bilberry leaf, Dandelion root, Gotu kola, Prickly ash bark

Preparation: Prepare an infusion or decoction of any of these herbs. Drink one cup three times daily.

SINUSITIS/RHINITIS

Tea: Bayberry bark, Elder flower, Goldenrod, Hyssop

Dosage: Drink one cup of tea made from any one of these herbs three to four times daily.

The following can be prepared as a douche solution and applied topically into the nostrils two to three times daily:

Bayberry bark, Cleavers, Elderflower, Goldenrod

SHINGLES/FEVER BLISTERS

Tea: Goldenseal, Echinacea, Licorice

Dosage: Drink one cup of tea made from any one of these herbs three to four times daily.

Herb: Lobelia

Remedy: Use in either pill or tincture forms; dosage critical at this stage in treatment.

SKIN CARE

Herbs: Calendula, Chickweed, Marshmallow root, Yarrow

Preparation: Prepare an infusion or decoction of any one of these herbs. Apply topically to the affected area two to three times daily.

SLEEP DISORDERS

Herb: Passionflower

Remedy: Prepare as an infusion or tincture. Drink one cup of tea after dinner, before bedtime.

Tea: Chamomile, Hops, Skullcap, Valerian root

Dosage: Drink one cup of tea made from any combination of these herbs two to three times daily.

Herbs: Chamomile, Passionflower, Skullcap, Valerian root

Preparation: Prepare as an infusion or tincture. The recommended dosage of chamomile is one teaspoon in a cup of water three times daily. The recommended dosage of passionflower is 20 drops in a cup of water two to three times daily. The recommended dosage of skullcap is one teaspoon two to three times daily. The recommended dosage of valerian root is 30 drops in a cup of water at bedtime.

SNAKE BITES

Herb: Cayenne

Remedy: Apply topically to the wound, three times daily.

STRESS MANAGEMENT

Teas: Chamomile, Echinacea, Gotu Kola, Lavender, Passionflower, Skullcap

Dosage: Drink one cup of tea made from any combination of these herbs two to three times daily.

Tea: Green tea

Dosage: Drink three cups of tea per day.

Herbs: Gotu Kola, Lavender, Passionflower, Skullcap

Preparation: Prepare as an infusion or tincture. The recommended dosage of Gotu kola is 10 to 20 drops twice daily. The recommended dosage of lavender is three to five drops three times daily. The recommended dosage of passionflower is one teaspoon taken three times daily. The recommended dosage of skullcap is one teaspoon three to four times daily.

Herbs: Passionflower, Skullcap

Preparation: Prepare as an infusion or tincture. Drink one cup after dinner, before bedtime.

Sore Throat/Throat Infection

Tea: Cayenne, Clove bud, Echinacea root, Ginger

Dosage: Drink one cup of tea made from any one of these herbs three to four times daily. The following can be prepared as a gargle solution and applied topically, three to four times daily:

Echinacea root, Clove bud, Hyssop, Sage

SPRAINS/STRAINS/SOFT TISSUE INJURIES

Herbs: Arnica Montana, Cattail pollen extract

Preparation: Apply a topical solution of either extract in a double boiler and apply topically as needed.

Tea: Arnica Montana, Cattail pollen extract

Dosage: Drink one cup of tea made from either herb three to four times daily.

Teas: Cramp bark, Horehound, Peppermint

Dosage: Drink one cup of tea made from any one of these herbs three to four times daily.

SUNBURN

Herb: Aloe Vera Gel, Chamomile, Calendula, Lavender, Plantain

Preparation: Prepare as a topical application two to four times daily.

Tea: Chamomile, Calendula

Dosage: Drink one cup of tea made from any one of these herbs three to four times daily.

Herbs: Aloe Vera Gel, Calendula, Plantain

Preparation: Prepare as a topical application two to four times daily.

SWOLLEN GLANDS

Tea: Catnip, Echinacea, Ginger root, Licorice

Dosage: Drink one cup of tea made from any combination three times daily.

Teas: Echinacea, Ginger root

Dosage: Drink one to two cups of tea made from echinacea or ginger root throughout the day.

Herb: Red clover

Remedy: Drink one cup of tea made from red clover daily.

Herbs: Echinacea, Licorice

Preparation: Prepare as a topical paste or in a tincture. Apply to the affected area, four times daily.

THRUSH/FLU SYMPTOMS

Teas: Alfalfa, Aniseed, Echinacea, Fenugreek , Ginger root, Goldenseal

Dosage: Drink one cup of tea made from any combination of these herbs three to four times daily.

Tea: Blackberry leaf

Dosage: Drink one cup of tea throughout the day. Prepare as a decoction if desired.

Herbs: Aniseed, Catnip, Echinacea, Fenugreek, Ginger root, Goldenseal

Preparation: Prepare as an infusion or decoction. Drink one cup of tea three times daily.

TINNITUS/DEAFNESS

Herbs: Garlic

Remedy: Chew two to three cloves of raw garlic daily.

Herb: Ginkgo biloba

Remedy: Drink one cup of tea made from ginkgo leaves two to three times daily; tablets and capsules are also available (dosage varies by-product).

TOOTHACHE/GUM PROBLEMS

Herbs: Clove, Garlic

Preparation: Chew one to two cloves of fresh garlic or apply a pure clove oil preparation to the affected area.

Tea: Clove, Echinacea, Ginger root

Dosage: Drink one cup of tea made from any combination of these herbs three times daily.

Herb: Licorice

Remedy: Use in either pill or tincture forms; dosage critical at this stage in treatment.

Herbs: Echinacea, Licorice, Peppermint

Preparation: Prepare as an infusion or decoction. Drink one cup of tea three times daily.

TOXICITY

Herbs: Alfalfa, Buckthorn, Cleavers, Dandelion root

Preparation: Prepare as a decoction. Drink one cup of the chosen herb throughout the day.

Herbs: Aloe vera, Barberry, Bloodroot, Buckthorn, Cayenne pepper

Remedy: Apply topically to the affected area, two to three times daily.

Herb: Lobelia

Remedy: Use in either pill or tincture forms; dosage critical at this stage in treatment.

Tea: Licorice, Marshmallow root, Peppermint, Slippery elm bark

Preparation: Prepare as an infusion. Drink one to two cups.

URINARY TRACT INFECTIONS

Tea: Uva ursi, Buchu leaves, Meadowsweet, Betony, Juniper

Dosage: Drink one cup of tea made from any one of these herbs three to four times daily.

Tea: Blackberry root, Raspberry leaf, Marshmallow root, Buchu leaves, Yarrow

Preparation: Prepare an infusion or decoction of any two of these herbs. Drink one cup two to four times daily.

Tea: Uva ursi, Juniper, Meadowsweet, Buchu leaves

Preparation: Prepare an infusion or decoction of any of these herbs. Drink one cup three times daily.

Tea: Goldenseal, Echinacea, Bloodroot, Oregon grape root

Dosage: Drink one cup of tea made from any two of these herbs three times daily.

VARICOSE VEINS

Tea: Shepherd's purse, Horsetail, Plantain

Preparation: Prepare an infusion or decoction of any two of these herbs. Apply topically to the affected area once or twice daily.

THYROID PROBLEMS

Herb: Alfalfa, Red clover

Remedy: Drink one to two cups of tea made from these herbs three times daily.

Tea: Black walnut hulls, Red clover flowers, Yarrow leaves, and flowers

Dosage: Prepare an infusion of any two of these herbs. Drink one cup three times daily.

Tea: Yellow dock root, Burdock root

Dosage: Prepare as a decoction; drink one cup twice daily.

Tea: Red clover flowers, Alfalfa leaves, and roots

Preparation: Prepare as an infusion or decoction. Drink one cup two to three times daily.

TRAVEL HEALTH

TEA:
Catnip, Peppermint, Ginger

DOSAGE:
Drink one cup of tea made from any one of these herbs three to four times daily while traveling.

TEAS:
White oak bark, Oat straw, Blackberry root, Raspberry leaf, Ginger

Preparation: Prepare an infusion of any two of these herbs. Drink one cup five to six hours before travel. Use a single herb tea as needed during travel.

Herbs: Catnip, Chickweed, Culver's root, Pennyroyal, Peppermint

Preparation: Prepare an infusion of any two of these herbs. Apply topically to the affected area once or twice daily during travel.

PAIN RELIEVERS/MUSCLE RELAXANTS

Herbs: Capsicum, Cayenne, Ginger, Fennel, Garlic

Remedies: Apply a paste made from any combination of these herbs topically in a poultice. Use the herb(s) alone as a muscle rub.

Teas: Cayenne, Catnip, Chamomile, Ginger, Peppermint

Preparation: Prepare an infusion or decoction of any combination of these herbs. Drink one cup two to four times daily or as needed for pain relief.

Tea: Hops, Marshmallow root, Yarrow

Preparation: Prepare an infusion or decoction of any combination of these herbs. Drink one cup two to four times daily for pain relief.

PAIN RELIEVERS/ANTIRHEUMATIC

Herbs: Capsicum, Cayenne, Ginger, Fennel, Garlic

Remedies: Apply a paste made from any combination of these herbs topically in a poultice. Use the herb(s) alone as a muscle rub.

Tea: Yarrow, Capsicum, Cayenne, Ginger

Preparation: Prepare an infusion or decoction of any two of these herbs. Drink one cup four to six times daily for anti-inflammatory effects.

Tea: Catnip, Capsicum, Cayenne, Ginger

Preparation: Prepare an infusion or decoction of any combination of these herbs. Drink one cup two to four times daily for anti-inflammatory effects.

ULCERS

Tea: Meadowsweet, Ginger, Licorice, Marshmallow

Dosage: Drink one cup of tea made from any one of these herbs three times daily.

Herbs: Bismuth (Pepto-Bismol), Slippery elm

Dosage: Take two capsules of bismuth or one to two tablespoons of slippery elm bark three times daily.

WEIGHT LOSS

Tea: Guggul, Green tea, Yerba mate

Dosage: Drink one cup of tea made from any one of these herbs three times daily.

Herbs: Cayenne, Cinnamon, Green tea, Ginseng, Guarana, Licorice

Remedies: Drink one to two cups of tea made with any combination of these herbs three times daily.

Tea: Ginger, Cinnamon, Cayenne, Green tea, Guarana

Preparation: Prepare an infusion or decoction of any of these herbs. Drink one cup in the morning before meals and in the evening before bed.

Herbs: Horsetail, White kidney bean, Yarrow

Preparation: Prepare an infusion or decoction of any two of these herbs. Use topically to the affected area once or twice daily before meals.

WOUND HEALING

Herbs: Aloe vera, Calendula, Chaparral, Echinacea, Eyebright, Goldenseal, Grape seed extract, Neem bark, St. John's wort

Preparation: Prepare a topical paste from any two of these herbs and apply topically three times daily. Apply aloe vera topically to affected areas twice daily.

Herbs: Agrimony, Calendula, Comfrey, Elderflower, Echinacea, Eyebright

Preparation: Prepare an infusion or decoction of any of these herbs. Drink one cup three times daily.

WOMEN'S HEALTH/MENOPAUSE

Herbs: False unicorn, Vitex, Black cohosh, Raspberry leaf

Preparation: Prepare a topical paste from any three of these herbs and apply topically three times daily. Apply vitex or black cohosh topically to affected areas twice daily.

Herbs: Chasteberry, False unicorn, Red raspberry leaf

Preparation: Prepare a vaginal douche made from any two of these herbs. Use as needed for relief from menopausal symptoms.

CONCLSUION

Congratulations! You are now officially qualified to try your hand at herbal healing based on everything you've learned today.

For thousands of years, herbal medicine has been used to cure all kinds of ailments, from the common cold to cancer. It is a holistic approach that doesn't just treat the symptom but looks at your whole body and lifestyle. The key thing about herbal medicine is that it works in harmony with the body and doesn't interfere with its natural processes like modern medicine. So not only does it cure ailments but is also preventative, helping you to stay healthy and keep the doctor away.

I hope this book has given you an insight into how herbal medicine works, what you can use it for, and why so many people swear by it. If want to know more about the subject I highly recommend reading through the Ultimate Guide to Herbal Medicine, where I have put together a comprehensive guide to the subject. It has been written by experts in the field and covers everything from making tinctures and other remedies, as well as communicating with nature spirits who can teach you how to use different types of plants for all kinds of things.